

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

Effect of Observing Nutrition Principles of Traditional Iranian Medicine in Eating on some Blood Biochemical Factors in Blood Serum of Students Residing in Dormitories

Protocol summary

Study aim

Effect of Observing Nutrition Principles of Traditional Iranian Medicine in Eating on some Blood Biochemical Factors in Blood Serum of Students Residing in Dormitories of Kerman University of Medical Sciences

Design

Two arm parallel group randomized trial not blind branch randomization

Settings and conduct

Firstly, they will be measured by the EQS and then properly educated and educated on the basis of traditional medicine by a resident of traditional medicine for one day for students. Students will be reminded by telephone every day of the week, and follow up on traditional medicine recommendations. After 91 days, the questionnaire will be re-evaluated. The principles of eating and drinking will be reassessed. Those who follow these principles and the score of their questionnaire have the highest increases will be selected. . Blood samples will then be taken from these individuals to measure the biochemical parameters of the blood. At the same time, the control group is sampled in the same conditions at two times, but without the training.

Participants/Inclusion and exclusion criteria

The criteria for entering the study include: 1- A student living in a dormitory who uses only university food. 2- Declaration of consent to participate in the investigation and signature of the informed consent form 3. Lack of any disease: including diabetes, hypertension, cardiovascular disease but not limited to these cases. 4. Not taking any medication 5. Abuse of substances and alcohol.

Intervention groups

The education of proper eating and drinking principles is given to the group and its compliance with the questionnaire is evaluated. In the control group the education is not given but, the level of observance of

these principles is assessed by the questionnaire.

Main outcome variables

Biochemical Factors

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190101042200N1**

Registration date: **2019-12-22, 1398/10/01**

Registration timing: **retrospective**

Last update: **2019-12-22, 1398/10/01**

Update count: **0**

Registration date

2019-12-22, 1398/10/01

Registrant information

Name

Alireza Zahedi Neyestani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3211 9029

Email address

alzatani@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-29, 1398/05/07

Expected recruitment end date

2019-11-21, 1398/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Observing Nutrition Principles of Traditional Iranian Medicine in Eating on some Blood Biochemical Factors in Blood Serum of Students Residing in Dormitories

Public title

Effect of Observing Nutrition Principles of Traditional Iranian Medicine in Eating on some Blood Biochemical Factors

Purpose

Basic science

Inclusion/Exclusion criteria**Inclusion criteria:**

Students living in a dormitory who uses only university food Declaration of consent to participate in the investigation and signature of the informed consent form Not having any disease: including diabetes, hypertension, cardiovascular disease, but not limited to these cases.

Exclusion criteria:

Unwillingness and satisfaction to continue cooperation The incidence of any acute illness that results in the use of any drug during the study. (Including, but not limited to, analgesics, steroidal and non-steroidal anti-inflammatory drugs, gastrointestinal drugs, anti-acid drugs, cholinergics, anticholinergics) Drug abuse and Alcohol

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

More than 1 sample in each individual

Number of samples in each individual: **1**

5 cc venous blood

Randomization (investigator's opinion)

Randomized

Randomization description

As students who live in the same room or flat may transfer the information to each other, we will randomized dormitories into intervention and control groups. In each dormitory, stratified sampling (according to level of current education) will be used to recruit sample.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Kerman University of Medical Sciences

Street address

Ebne sina street

City

Kerman

Province

Kerman

Postal code

2263857226

Approval date

2019-07-23, 1398/05/01

Ethics committee reference number

IR.KMU.REC.1397.356

Health conditions studied**1****Description of health condition studied**

Life style in apparently healthy people

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Fasting blood sugar

Timepoint

Before and 12 weeks after intervention

Method of measurement

Examine the patient's blood sample in the laboratory

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Dormitory students eating self-service meals

Category

Lifestyle

2

Description

Control group: Dormitory students who receive self-service meals have received the instruction of proper eating and drinking principles in Iranian Traditional Medicine

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Student Residences of Kerman University of Medical Sciences

Full name of responsible person

Alireza Zahedi Neyestani

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Kerman University of Medical Sciences, Medical University Campus, Haft-Bagh Highway, Kerman, Iran

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ali.zahedi@kmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Kerman University of Medical Sciences

Full name of responsible person

Pardakhti Abbas

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Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

Vice Chancellor for Research of Kerman University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Alireza Zahedi Neyestani

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

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Full name of responsible person

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Position

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

The research will be published as a paper upon completion.

When the data will become available and for how long

Three months after the article was published

To whom data/document is available

All researchers

Under which criteria data/document could be used

There are no restrictions

From where data/document is obtainable

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What processes are involved for a request to access data/document

Upon receipt of the request by fax or email, the request will be reviewed and, if it is not in accordance with the pre-established criteria, the response or requested documentation will be sent.

Comments