

# 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

##### Street address

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

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Phone

+98 34 3132 5700

##### Email

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

##### Street address

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

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Phone

+98 34 3132 5856

##### Fax

+98 34 3132 5856

##### Email

ali.zahedi@kmu.ac.ir

##### 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

##### Street address

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

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Phone

+98 34 3132 5856

##### Email

ali.zahedi@kmu.ac.ir

## Person responsible for scientific 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

##### Street address

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

##### City

Kerman  
**Province**  
Kerman  
**Postal code**  
7616913555  
**Phone**  
+98 34 3132 5856  
**Fax**  
+98 34 3132 5856  
**Email**  
ali.zahedi@kmu.ac.ir

## Person responsible for updating data

### 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  
**Street address**  
Kerman University of Medical Sciences, Medical  
University Campus, Haft-Bagh Highway, Kerman, Iran  
**City**  
Kerman  
**Province**  
Kerman  
**Postal code**  
7616913555  
**Phone**  
+98 34 3132 5856  
**Fax**  
+98 34 3132 5856

**Email**  
ali.zahedi@kmu.ac.ir

## 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

Corresponding author. Alireza Zahedi Neyestani  
alzatani@gmail.com 00989159406840 .00983442110860

### 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