

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Effect of Barberry fruit in patients with diabetes type 2

Protocol summary

Babol University of Medical Sciences

Summary

Thirty diabetic Patients diagnosed by endocrinologist will be included in this study. Exclusion criteria are: co-existing other diseases, using special drugs and not being cooperative during research. Intervention group will take 5 gr of barberry fruit (3-4 teaspoon dissolved in 250 ml of water) two times a day for 2 month. Control group will take placebo. Glucose and insulin level will determine every month. Change of serum glucose and insulin level will compare before and after intervention.

Expected recruitment start date

2010-07-10, 1389/04/19

Expected recruitment end date

2012-07-10, 1391/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Scientific title

Effect of Barberry fruit in patients with diabetes type 2

Acronym

Public title

Effect of barberry fruit in patients with diabetes

IRCT registration information

IRCT registration number: **IRCT138902063808N1**

Registration date: **2010-09-22, 1389/06/31**

Registration timing: **registered_while_recruiting**

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with diabetes type 2.

Exclusion criteria: co-existing other diseases, using special drugs and not being cooperative during research.

Last update:

Update count: **0**

Registration date

2010-09-22, 1389/06/31

Age

To **60 years** old

Gender

Both

Registrant information

Name

Durdi Qujeq

Name of organization / entity

Department of Biochemistry, Babol University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 1222 9591

Email address

d.qujeq@mubabol.ac.ir

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Recruitment status

Recruitment complete

Funding source

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Babol Uiversity of Medical Sciences

Street address

Babol Uiversity of Medical Sciences, Ganj-afrooz Avenue

City

Babol

Postal code

4774547176

Approval date

2010-04-25, 1389/02/05

Ethics committee reference number

112

Health conditions studied

1

Description of health condition studied

Diabetes

ICD-10 code

E10-E14

ICD-10 code description

Diabetes mellitus

Primary outcomes

1

Description

Glucose

Timepoint

3 Months

Method of measurement

Biochemical lab Method

2

Description

HbA1c

Timepoint

3 months

Method of measurement

Biochemical lab Method

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 5 gr of barberry fruit (3-4 teaspoons dissolved in 250 ml of water) two times a day for 2 month

Category

Treatment - Drugs

2

Description

Control group: placebo

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Babol University of Medical Sciences

Full name of responsible person

Dr. Zolykha Moazezy

Street address

Babol University of Medical Sciences

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol Uiversity of Medical Sciences

Full name of responsible person

Dr Mostefasadeh

Street address

Babol Uiversity of Medical Sciences

City

Babol

Grant name

دانشگاه علوم پزشکی بابل

Grant code / Reference number

112/30

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Babol Uiversity of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty