Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Jul 2026

Effect of Barberry fruit in patients with diabetes type 2

Protocol summary

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.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902063808N1**
Registration date: **2010-09-22, 1389/06/31**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2010-09-22, 1389/06/31

Registrant information

Name

Durdi Qujeq

Name of organization / entity

Department of Biochemistry, Babol University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Babol University of Medical Sciences

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

Scientific title

Effect of Barberry fruit in patients with diabetes type 2

Public title

Effect of barberry fruit in patients with diabetes

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.

Age

To **60 years** old

Gender

Both

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

Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Babol Uinversity of Medical Sciences
Street address
Babol Uinversity 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
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Babol Uinversity of Medical Sciences
Full name of responsible person
Dr Mostefasadeh
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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 Uinversity 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
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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