

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of Fish Oil supplements on Serum paraoxonase activity in female patients with rheumatoid arthritis

Protocol summary

Summary

This study is designed to determine the effect of Fish Oil (FO) supplements on High density lipoprotein cholesterol (HDL-C), Apolipoprotein-AI (Apo-AI), Malondialdehyde (MDA), Arylesterase (Aryl) and Paraoxonase (PON1) activity in female rheumatoid arthritis patients (RA). 80 RA patients will be divided randomly to 40 placebo and 40 FO groups. FO group will treat with one pearl Fish Oil and placebo group with placebo daily for 3 months accompany with conventional drug, respectively. Apo-AI, PON1, HDL, , MDA, and and Arylesterase will be measure in blood samples before and after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902073812N1**
Registration date: **2010-06-07, 1389/03/17**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2010-06-07, 1389/03/17

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Research Vice-Chancellor, Tabriz University of Medical Sciences

Expected recruitment start date

2009-08-22, 1388/05/31

Expected recruitment end date

2010-06-11, 1389/03/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Fish Oil supplements on Serum paraoxonase activity in female patients with rheumatoid arthritis

Public title

Effect of Fish Oil supplements on Serum paraoxonase activity in female patients with rheumatoid arthritis

Purpose

Treatment

Inclusion/Exclusion criteria

Female - patients with rheumatoid arthritis - fixed and regular therapeutic schedule

Age

From **10 years** old to **80 years** old

Gender

Female

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of tabriz university of medical sciences

Street address

Ethic committee of tabriz university of medical sciences

City

Tabriz

Postal code

51664

Approval date

2009-06-08, 1388/03/18

Ethics committee reference number

2423/4/5

Health conditions studied

1

Description of health condition studied

Rheumatoid arthritis

ICD-10 code

M05.3

ICD-10 code description

rheumatoid arthritis

Primary outcomes

1

Description

Paraoxonase Enzyme

Timepoint

3 months

Method of measurement

spectrophotometric method

Secondary outcomes

1

Description

Study of lipid profile

Timepoint

3 months

Method of measurement

Biochemical methods

2

Description

Improve Apo a1 levels

Timepoint

3 months

Method of measurement

Turbidimetry

Intervention groups

1

Description

Omega3

Category

Prevention

2

Description

placebo

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Amam Reza Hospital - Tabriz University of Medical sciences

Full name of responsible person

Dr Kolahi

Street address

Amam Reza Hospital- - Tabriz University of Medical sciences

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences -Research Vice-Chancellor

Full name of responsible person

Dr Rashidi Head of Research Vice-Chancellor

Street address

Tabriz University of Medical sciences . Research Vice-Chancellor

City

tabriz

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tabriz University of Medical Sciences -Research Vice-Chancellor
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