Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 plasebo and 40 FO groups. FO group will treat with one pearl Fish Oil and placebo group with palsebo 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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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
Name of organization / entity
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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