

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The efficacy of chickpeas diet on clinical symptoms of patients with osteoarthritis of the knee

Protocol summary

Study aim

Determination of the efficacy of oral chickpeas on the clinical symptoms of patients with knee osteoarthritis

Design

Non randomized non controlled clinical trial, phase 2. The sample size is 45 patients. The enrolled patients will follow up for one month.

Settings and conduct

This study is done in Imam Khomeini Hospital of Falavarjan, and the type of this study is before-after. Blinding does not occur in this study.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: 1. Positive history of rheumatoid arthritis disease; 2. Positive history of goat disease; 3. Positive history of Calcium Pyrophosphate Deposition Disease 4. Being afflicted with uncontrolled cardiovascular disease; 5. Being afflicted with proven malignancies Creatinine level is greater than 3 mg /dl 6. Receiving oral corticosteroids during 4 weeks ago 7. Receiving nonsteroidal anti-inflammatory (NSAIDs) drugs at the doses greater than 50 mg daily (except aspirin); 8. Receiving acetaminophen at the doses greater than 650 mg daily; 9. Receiving intra-articular medications during three months ago; 10. Unwillingness or inability of the patient to answer the questions of the questionnaire used in the study. Exclusion criteria: 1. Patients in the range of 40 to 80 years old 2. The (American College of Rheumatology) ACR clinical criteria for knee osteoarthritis were fulfilled 3. Patients with knee osteoarthritis in grades of 1, 2, and 3

Intervention groups

Intervention group: Patients with knee osteoarthritis receiving chickpeas with the dosage of a cup of chickpeas for lunch and dinner meals in the days of 1 to 5 of treatment period, then continue to eat chickpeas for two meals per week until fourth week of treatment

Main outcome variables

Pain, activities of daily living, sport and recreation function, and knee-related quality of life in patients with

knee osteoarthritis.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150825023753N12**

Registration date: **2019-07-20, 1398/04/29**

Registration timing: **retrospective**

Last update: **2019-07-20, 1398/04/29**

Update count: **0**

Registration date

2019-07-20, 1398/04/29

Registrant information

Name

Mohammad Mahdi Parvizi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 3212 5592

Email address

parvizim@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-04-09, 1396/01/20

Expected recruitment end date

2018-06-20, 1397/03/30

Actual recruitment start date

2017-04-21, 1396/02/01

Actual recruitment end date

2019-01-20, 1397/10/30

Trial completion date

2019-02-19, 1397/11/30

Scientific title

The efficacy of chickpeas diet on clinical symptoms of patients with osteoarthritis of the knee

Public title

The efficacy of chickpeas diet on clinical symptoms of osteoarthritis of the knee

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients in the range of 40 to 80 years old The American College of Rheumatology (ACR) clinical criteria for knee osteoarthritis were fulfilled Patients with osteoarthritis of the knee grades 1, 2, and 3

Exclusion criteria:

Positive history of rheumatoid arthritis disease Positive history of goat disease Positive history of Calcium Pyrophosphate Deposition Disease Being afflicted with uncontrolled cardiovascular disease Being afflicted with proven malignancies Creatinine level is greater than 3 mg /dl Receiving oral corticosteroids during 4 weeks ago Receiving nonsteroidal anti-inflammatory (NSAIDs) drugs at the doses greater than 50 mg daily (except the aspirin) Receiving acetaminophen at the dosage of greater than 650 mg daily Receiving intra-articular medications during three months ago Unwillingness or inability of the patient to answer the questions of the questionnaire used in the study

Age

From **40 years** old to **80 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **45**

Actual sample size reached: **45**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee on Biomedical Research of Shahid Beheshti University of Medical sciences

Street address

Shahid Beheshti University of Medical sciences, Daneshju Blv

City

Tehran

Province

Tehran

Postal code

1983963113

Approval date

2017-01-09, 1395/10/20

Ethics committee reference number

IR.SBMU.RETECH.REC.1395.628

Health conditions studied

1

Description of health condition studied

Osteoarthritis of knee

ICD-10 code

M17

ICD-10 code description

Osteoarthritis of knee

Primary outcomes

1

Description

knee pain

Timepoint

One month

Method of measurement

Questionnaire of knee Injury and Osteoarthritis Outcome Score (KOOS questionnaire)

2

Description

Knee function

Timepoint

One month

Method of measurement

Questionnaire of knee Injury and Osteoarthritis Outcome Score (KOOS questionnaire)

3

Description

Sport and Recreation Function

Timepoint

One month

Method of measurement

Questionnaire of knee Injury and Osteoarthritis Outcome Score (KOOS questionnaire)

4

Description

Activities of daily living,

Timepoint

One month

Method of measurement

Questionnaire of knee Injury and Osteoarthritis Outcome Score (KOOS questionnaire)

5

Description

Knee-related quality of life

Timepoint

One month

Method of measurement

Questionnaire of knee Injury and Osteoarthritis Outcome Score (KOOS questionnaire)

Secondary outcomes

1

Description

Patient satisfaction from treatment

Timepoint

One month

Method of measurement

Global patient assessment questionnaire

Intervention groups

1

Description

Intervention group: Administering a cup of chickpeas for lunch and dinner meals in the first five days of treatment, and then continuing to eat chickpeas for two meals per week to fourth week of treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital of Falavarjan

Full name of responsible person

Dr Roshanak Mokaberinejad

Street address

Isfahan Province, Falavarjan, Kamarbandi Jonobi

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Falavarjan

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7346181746

Phone

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mokaberi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr Roshanak Mokaberinejad

Street address

No.8 Shams Alley, Opposite Tavanir St, Vali Asr St, Tehran

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1985717443

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Dr Neda Ahmadi

Position

PhD student of traditional Persian medicine

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Demographic data and the result of the clinical trial

When the data will become available and for how long

6 month later

To whom data/document is available

Researchers

Under which criteria data/document could be used

After publication of the extracted article of the clinical trial

From where data/document is obtainable

Sending Email to the researchers

What processes are involved for a request to access data/document

Sending the request via the email

Comments