Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the Efficacy of Okra powder mixed with Yogurt and Yogurt in Controlling Fasting Blood Glucose (FBS) in Patients with Type 2 Diabetes

Protocol summary

Study aim

Study of the effect of consumption of omelette powder (Abelmoschus esculentus) mixed with yogurt on lipid profiles, blood pressure, blood glucose and HbA1c levels in patients with type 2 diabetes

Design

A clinical trial with control and control group, with parallel groups, blind, randomized

Settings and conduct

In this double-blind study, we selected 60 outpatients with type 2 diabetes who were referred to diabetes clinics based on entry criteria, and then randomly divided into two groups of 30 adolescents. The scientific name of the okra plant will be 200 kilograms of greengroceries. After collecting and rinsing, the okra was completely dried in dry conditions for several days, and after preparing dried okra powder, it was packed in 10 grams and delivered to the milk and yogurt factory, and the factory supplied 150 grams of yogurt With a mixture of 10 grams of okra powder, it is recommended that a group of yogurt be taken with okra, and the other group only uses yogurt. Then, if you want people every week, by nurse patients divided into two groups, yogurt is mixed with yogurt and yogurt is given only.

Participants/Inclusion and exclusion criteria

Age 30 to 70 years old and from both sexes Taking oral anti diabetic medicine No pregnancy Lack of alcohol Do not take anti-hypertensive medication No smoking Not taking herbal supplement to control blood glucose Non-lactation in women Not getting kidney disease, especially diabetic nephropathy Ostrich sensitivity get pregnant Unwillingness to cooperate

Intervention groups

We will select 60 outpatient type II diabetic patients based on entry criteria and then randomly divide the blocks into two groups of 30, which will be given to a mixture of yogurt and okra, and the other will be yogurt.

Main outcome variables

Fasting blood sugar, serum LDL-C, serum HDL-C, serum TG, total cholesterol, blood pressure, weight, age, sex, activity, hemoglobin A1c

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190701044064N1**
Registration date: **2019-09-14, 1398/06/23**
Registration timing: **retrospective**

Last update: **2019-09-14, 1398/06/23**
Update count: **0**

Registration date

2019-09-14, 1398/06/23

Registrant information

Name

arezoo moradi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3428 2292

Email address

arezoo.m@nutr.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-12-22, 1396/10/01

Expected recruitment end date

2018-03-21, 1397/01/01

Actual recruitment start date

2018-12-22, 1397/10/01

Actual recruitment end date

2019-03-19, 1397/12/28

Trial completion date

2019-04-21, 1398/02/01

Scientific title

Comparison of the Efficacy of Okra powder mixed with Yogurt and Yogurt in Controlling Fasting Blood Glucose (FBS) in Patients with Type 2 Diabetes

Public title

Okra in Diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Taking Oral Anti Diabetic Medicine No Pregnancy Lack of Alcohol Do not Take Anti Hypertensive Medication No Smoking Not Taking Herbal Supplement to Control Blood Glucose Non Lactation in Women Not Getting Kidney Disease, Especially Diabetic Nephropathy

Exclusion criteria:

Okra Sensitivity Get Pregnant Unwillingness to Cooperate

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

0

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data and Safety Monitoring Board

Sample size

Target sample size: **60**

Actual sample size reached: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

In this Double-blind Study, We Selected 60 Outpatients with type 2 Diabetes who were referred to Diabetes Clinics based on entry Criteria, and then Randomly divided into two groups of 30 adolescents.

Blinding (investigator's opinion)

Double blinded

Blinding description

This is a double-blind, randomized, double-blind, clinical trial of 60 patients with type 2 diabetes who are referred to the diabetes center for a period of 8 weeks. The patient was visited by a doctor at her first visit to the treatment centers. A form of willingness to participate in the intervention is taken from the written consent form. Patients are requested to fill out a form for evaluating entry criteria.For this study 200 kilograms of okra have been purchased. After washing, drying and grinding, and then in 10 grams packages, the milk and yogurt factory will be delivered to 150 grams of yogurt, and it is recommended to patients to mix mixed yogurt After lunch or dinner, take daily oatmeal everyday. In this study, simple yogurt was used as a placebo. Patients are advised to spend their yogurt after lunch or dinner. In this study, the investigator will be unaware of the fact that the yogurt is given to the patient or the yoghurt is unaware and the nurse is only aware that the person is based on that Which group contains the drug or the placebo? Also, the analyst is also well aware.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Isfahan Medical Ethics Committee

Street address

Isfahan University of Medical Sciences. Isfahan Nutrition and Food Sciences Faculty

City

Isfahan

Province

Isfehan

Postal code

7718716715

Approval date

2018-01-25, 1396/11/05

Ethics committee reference number

IR.MUI.REC.1396.121

Health conditions studied

1

Description of health condition studied

Diabet

ICD-10 code

I00-I99

ICD-10 code description

Diseases of the circulatory system

Primary outcomes

1

Description

Fasting blood glucose

Timepoint

The beginning and the end of the study

Method of measurement

Biochemical method

2

Description
Serum LDL-C
Timepoint
The beginning and the end of the study
Method of measurement
Biochemical method

3

Description
HDL-C Serum
Timepoint
The beginning and the end of the study
Method of measurement
Biochemical method

4

Description
TG Serum
Timepoint
The beginning and the end of the study
Method of measurement
Biochemical method

5

Description
Total cholesterol
Timepoint
The beginning and the end of the study
Method of measurement
Biochemical method

6

Description
Hemoglobin A1c
Timepoint
The beginning and the end of the study
Method of measurement
Biochemical method

Secondary outcomes

1

Description
blood pressure
Timepoint
The beginning and the end of the study
Method of measurement
Blood pressure monitor

2

Description
Weight
Timepoint
The beginning and the end of the study
Method of measurement
digital Balance

3

Description
Age
Timepoint
Beginning of study
Method of measurement
questionnaire

4

Description
Sex
Timepoint
Beginning of study
Method of measurement
questionnaire

Intervention groups

1

Description
Intervention group: Okra plant will be supplied with a scientific name of 200 kilograms of greens. After collecting and rinsing, the okra was completely dried in dry conditions for several days, and after preparing dried okra powder, it was packed in 10 grams and delivered to the milk and yogurt factory, and the factory supplied 150 grams of yogurt Mix 10 grams of okra powder and mix the yogurt with okra after your main meal, lunch or dinner.
Category
Treatment - Other

2

Description
Control group: This group is recommended to eat 150g yogurt after their main meal, lunch or dinner
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Ali Ibn Abitaleb Hospital
Full name of responsible person
Arezoo Moradi
Street address
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
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School of Nutrition and Nutrition, Isfahan University of Medical Sciences, Hezar Jarib Ave.
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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
Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Seyyed Morteza Safavi
Position
Associate Professor
Latest degree
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
Only part of the data, such as the key outcome information or the like, can share.
When the data will become available and for how long
Start period of 3 months after publication of the article
To whom data/document is available
Researchers at academic and academic institutions
Under which criteria data/document could be used
Research
From where data/document is obtainable
Arezoo moradi Contact number 09140613368, Address: Kerman- Rafsanjan Town of Thousand Units of Imam Ali Street Postal Code 7713166116
What processes are involved for a request to access data/document
Academic Requests
Comments