

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Evaluation of laser acupuncture in the treatment of obesity and associated metabolic disorders

Protocol summary

Study aim

Determining the efficacy of laser acupuncture in the treatment of central obesity
Determining the Effectiveness of Acupuncture Laser in Improving Obesity Metabolic Problems

Design

40 patients are divided into case and control groups according to random number table with 1: 1 ratio The assigned group is consecutively inserted into dark envelopes. This envelope is used only after evaluations Initially each individual is returned by a physician and neither the patient nor the clinical evaluator will be informed of their treatment group

Settings and conduct

24 sessions, three sessions per week, for all patients, including case and control, are given at specified intervals for ten seconds

Participants/Inclusion and exclusion criteria

Body mass ≥ 25 and complete consent to participate in the study and complete the follow-up and follow-up are excluded. Epilepsy and Cancer Epilepsy Mental Disorders, Infectious Diseases of the Skin or Light Sensitivity Are Not Included in the Stud

Intervention groups

The subjects in the study were randomly divided into intervention and control groups. The intervention group will be treated with laser acupuncture three times a week for 4 weeks The acupuncture laser is based on a well documented global system and on previously documented locations No needles are used in this method, and only low-power laser light is used to stimulate the spot. In the control group similar points with the same frequency are treated with a silent laser for placebo effect

Main outcome variables

Body mass changes and weight changes and hunger changes as well as body size changes

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111121008146N31**

Registration date: **2019-10-14, 1398/07/22**

Registration timing: **retrospective**

Last update: **2019-10-14, 1398/07/22**

Update count: **0**

Registration date

2019-10-14, 1398/07/22

Registrant information

Name

Mohammadreza Razaghi

Name of organization / entity

Laser application in medical sciences research center

Country

Iran (Islamic Republic of)

Phone

+98 21 2271 8021

Email address

laser.cntr@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-01-20, 1396/10/30

Expected recruitment end date

2018-12-21, 1397/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of laser acupuncture in the treatment of obesity and associated metabolic disorders

Public title

The effect of laser in the treatment of obesity

Purpose

Diagnostic

Inclusion/Exclusion criteria

Inclusion criteria:

Estimation of body mass index ≥ 25 and complete consent to participate in the study and complete the treatment process

Exclusion criteria:

patients with known diseases such as cardiovascular diabetes mellitus If you have epilepsy Tumors cancer mental disorders contagious skin infections light-sensitization not be pregnant or breastfeeding They were excluded if they took any of the drugs that were effective on weight within one month before the study Kidney Disorders Endocrine Disorders

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: 40

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

All patients are divided into two groups of case and control on the basis of 1: 1 random numbers table.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Beheshti University of Medical Sciences

Street address

Next to Ayatollah Taleghani Hospital, Shahid Arabi ST. Yemen street, Shahid Chamran highway, Tehran

City

Tehran

Province

Tehran

Postal code

1989934148

Approval date

2018-01-06, 1396/10/16

Ethics committee reference number

IR.SBMU.RETECH.REC.1396.862

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E74.09

ICD-10 code description

Other glycogen storage disease

Primary outcomes

1

Description

Body mass

Timepoint

One time before patients were assigned to groups and one time at the end time

Method of measurement

Laboratory testing and ultrasound

Secondary outcomes

1

Description

Body mass and body size changes due to fat loss

Timepoint

One time before patients were assigned to groups and one time at the end time

Method of measurement

Laboratory testing and sonography and sf36 questionnaire

Intervention groups

1

Description

Intervention group: Patients undergo low-power laser. It is non-toxic and non-toxic and has high immunity. Light is shed at very specific points according to acupuncture for ten seconds and three times a week

Category

Treatment - Other

2

Description

Control group: Patients are put on a low-power laser and are given acupuncture points for ten seconds and three times a week

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohadaye Tajrish Hospital

Full name of responsible person

Mohammad Reza Razaghi

Street address

Shohadaye Tajrish Hospital, Tajrish, Tehran

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Email

laser.cntr@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Razaghi

Street address

Next to Ayatollah Taleghani Hospital, Shahid Arabi ST.
Yemen street, Shahid Chamran highway, Tehran

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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

Mohamadreza razaghi

Position

Professor

Latest degree

Specialist

Other areas of specialty/work

Others

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Person responsible for scientific inquiries

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Position

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Latest degree

Specialist

Other areas of specialty/work

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Person responsible for updating data

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Contact

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Full name of responsible person

Mohammad Reza Razaghi

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Other areas of specialty/work

Urology

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Email

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Not applicable