

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jun 2026

Effects of high-protein and balance diets on fasting blood glucose, weight loss, body composition and adiponectin levels in obese and overweight women at aerobic clubs

Protocol summary

Summary

objective: determination and comparison effect of high-protein and balanced diets on fasting blood glucose, weight loss, body composition and adiponectin levels in obese and overweight women at aerobic clubs. exclusion criteria: patients with metabolic diseases such as cardiovascular diseases, hypertentia, glucose intolerance, diabetic, pregnancy are not included in the study. Inclusion criteria: filled testimonial, aged between 20-46, BMI more than 25, dont take supplement, dont be on diet for weight loss during 6 months ago, dont have disease. 60 individuals who were eligible will adhere specific diet(we randomizely will set individuals in high protein(45% carbohydrate, 25% protein, 30%fat) and balanced diets(55% carbohydrate, 15% protein, 30%fat) for 8 weeks and do aerobic three times with duration 60 minutes. for assessing diet 3-day records will use. we will bleed 10 cc for measuring adiponectin, fasting blood glucose, by standard kits and also weight and height(Height will be measured by stadiometer with 0.5 cm precision in normal standing position and weight by seca with 0.5 kg precision).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201402245062N7**
Registration date: **2014-06-26, 1393/04/05**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-06-26, 1393/04/05

Registrant information

Name

Reza Ghiasvand

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1792 2742

Email address

ghiasvand@hlth.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy for Research Isfahan University of Medical Sciences

Expected recruitment start date

2012-12-15, 1391/09/25

Expected recruitment end date

2013-05-05, 1392/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of high-protein and balance diets on fasting blood glucose, weight loss, body composition and adiponectin levels in obese and overweight women at aerobic clubs

Public title

effect of high protein diet and balance diet in obese and overweight women at aerobic clubs

Purpose

Prevention

Inclusion/Exclusion criteria

exclusion criteria: patients with metabolic diseases such

as cardiovascular diseases, hypertentia, glucose intolerance, diabetic, pregnancy are not included in the study. Inclusion criteria:filled testimonial, aged between 20-46,BMI more than 25,dont take supplement, dont be on diet for weight loss during 6 months ago, dont have renal, hepatic,diabet disease,smoking

Age

From **20 years** old to **46 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Isfahan Regional Bioethics Committee

Street address

Isfahan University of Medical Sciences, Hezarjarib St.,
Isfahan

City

Isfahan

Postal code

81745319

Approval date

2013-06-12, 1392/03/22

Ethics committee reference number

392233

Health conditions studied**1****Description of health condition studied**

obesity

ICD-10 code

E66

ICD-10 code description

Obesity and other hyperalimantation

Primary outcomes**1****Description**

weight

Timepoint

at baseline and after 8 weeks

Method of measurement

seca scale

2**Description**

fasting blood glucose

Timepoint

at baseline and 8 weeks after intervention

Method of measurement

Colorimetry

3**Description**

adiponectin

Timepoint

at baseline and after 8 weeks intervention

Method of measurement

Enzymatic assay with autoanalyser

4**Description**

percent of body fat mass

Timepoint

at baseline and after 8 weeks intervention

Method of measurement

caliper

5**Description**

percent of fat free mass

Timepoint

at baseline and after 8 weeks intervention

Method of measurement

caliper

Secondary outcomes**1****Description**

BMI

Timepoint

The first day of the study and the last day of 8th week

Method of measurement

calculation

Intervention groups

1

Description

high protein (45%carbohydrate,25%protein,30%fat) for 8 weeks. daily energy calculated by harisbenedict and 500 cal lower than amount of calculated

Category

Other

2

Description

balanced diet (55%carbohydrate,15%protein,30%fat) for 8 weeks. daily energy calculated by harisbenedict and 500 cal lower than amount of calculated

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

The amniation and research center, Isfahan University of Medical Sciences.

Full name of responsible person

Doctor Reza Ghasvand

Street address

Department of Community Nutrition, School of Nutrition and Food sciences, Isfahan University of Medical Sciences, Hezar jerib street.

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The endocrine and metabolism reaserch center, Isfahan University of Medical Sciences

Full name of responsible person

Dr.Gholamreza Askari

Street address

Isfahan University of Medical Sciences, Hezarjarib St., Isfahan

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The endocrine and metabolism reaserch center, Isfahan University of Medical Sciences

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

Isfahan University Of Medical Sciences

Full name of responsible person

Pegah Amini

Position

MSc student of Nutrition

Other areas of specialty/work

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Person responsible for scientific inquiries

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Full name of responsible person

Doctor Reza Ghasvand

Position

Ph.D of nutrition, Assistant Professor

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

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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