

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Evaluation the effect of meal pattern on hepatic fibrosis, steatosis, and enzymes, lipid profile, and anthropometric measurements in patient with non alcoholic fatty liver disease

Protocol summary

Study aim

Determining the effect of meal pattern on fibrosis, steatosis and liver enzymes, lipid profile, and anthropometric indices in patients with non-alcoholic fatty liver

Design

A controlled randomized clinical trial with a parallel group design of 112 patients

Settings and conduct

The present study is a parallel controlled randomized clinical trial for 3 months with the aim of investigating the pattern of meals on fibrosis, steatosis and liver enzymes, lipid profile and anthropometric indices in patients with NAFLD referred to the gastrointestinal clinic in Imam Khomeini Hospital will be performed in Urmia.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Non-alcoholic fatty liver disease patients older than 18 years of both sexes. Exclusion criteria: Having special diets, Pregnancy and lactation during the study, Viral hepatitis and ascites, Alcohol consumption ,Diabetes mellitus

Intervention groups

The first group: it will be recommended to skip their breakfast and during the day, in addition to lunch and dinner, receive two snacks in the evening and at the end of the night. The second group: they will be advised to skip their dinner and during the day, in addition to breakfast and lunch, they will receive two snacks and their last daily meal will be in the evening. Group 3: It will be recommended to receive only three main meals (breakfast, lunch and dinner) during the day. Fourth or control group: In addition to the three main meals, it will be recommended to have three snacks.

Main outcome variables

steatosis and liver fibrosis, mean serum concentrations of liver enzymes including ALT, AST, ALP and GGT, mean serum concentrations of lipid and lipoprotein profiles

including HDL-c, LDL-c, total cholesterol and triglycerides.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201010048982N2**

Registration date: **2021-08-22, 1400/05/31**

Registration timing: **registered_while_recruiting**

Last update: **2021-08-22, 1400/05/31**

Update count: **0**

Registration date

2021-08-22, 1400/05/31

Registrant information

Name

Farkhondeh Alami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 45 3333 7906

Email address

far.alami28@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-06-20, 1400/03/30

Expected recruitment end date

2021-09-21, 1400/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Evaluation the effect of meal pattern on hepatic fibrosis, steatosis, and enzymes, lipid profile, and anthropometric measurements in patient with non alcoholic fatty liver disease

Public title
Evaluation the effect of meal pattern on Non alcoholic fatty liver disease

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 older than 18 years of both sexes Non-alcoholic fatty liver disease diagnosed by FibroScan. Non-alcoholic fatty liver disease
Exclusion criteria:
 Having special diets Viral hepatitis and ascites Alcohol consumption Diabetes mellitus kidney Diseases

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **112**

Randomization (investigator's opinion)
Randomized

Randomization description
Eligible samples will be randomly divided into intervention and control groups. The intervention groups will be given codes A, B, C and the control group will receive code D. The study blocking is as follows: All block modes of these 4 groups are 24 numbers: ABCD, ABDC, ACDB, ACBD, ADBC, ADCB, BACD, BADC, BCAD, BCDA, BDAC, BDCA, CABD, CADB, CBAD, CBDA , CDAB, CDBA, DABC, DASB, DBCA, DBAC, DCAB, DCBA. These blocks will be placed in sealed envelopes inside a container. Then they will be drawn one by one, the first block to be removed will be selected as the first block. In fact, this will be repeated 28 times to complete the sample size. In this way, people enter the study and thus will be divided into groups.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethnic committee of Urmia University of Medical Sciences

Street address

Hashteshahrivar street

City

Urmia

Province

West Azarbaijan

Postal code

5614687911

Approval date

2021-01-23, 1399/11/04

Ethics committee reference number

IR.UMSU.REC.1399.350

Health conditions studied

1

Description of health condition studied

Non-alcoholic fatty liver disease

ICD-10 code

K76.0

ICD-10 code description

Fatty (change of) liver, not elsewhere classified

Primary outcomes

1

Description

Fibrosis

Timepoint

At the beginning and end of the study (beginning and end of 3 months)

Method of measurement

FibroScan

2

Description

Liver enzymes

Timepoint

At the beginning and end of the study (beginning and end of 3 months)

Method of measurement

At the beginning and end of the study, 5 cc of venous blood sample will be taken after 12 hours of fasting

3

Description

Steatosis

Timepoint

At the beginning and end of the study (beginning and end of 3 months)

Method of measurement

At the beginning and end of the study, 5 cc of venous blood sample will be taken after 12 hours of fasting

4

Description

Lipid profile

Timepoint

At the beginning and end of the study (beginning and end of 3 months)

Method of measurement

At the beginning and end of the study, 5 cc of venous blood sample will be taken after 12 hours of fasting

5

Description

Anthropometric measurements

Timepoint

At the beginning and end of the study (beginning and end of 3 months)

Method of measurement

At the beginning and end of the study, 5 cc of venous blood sample will be taken after 12 hours of fasting

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group 1: It will be recommended to eliminate their breakfast and during the day, in addition to lunch and dinner, receive two snacks in the evening and at the end of the night.

Category

Lifestyle

2

Description

Intervention group 2: They will be advised to skip dinner and have two snacks during the day in addition to breakfast and lunch, and their last daily meal will be in the evening.

Category

Lifestyle

3

Description

Intervention group 3: It will be recommended to eat only three main meals (breakfast, lunch and dinner) during the day.

Category

Lifestyle

4

Description

Control group: It will be recommended to have three main meals (breakfast, lunch and dinner) and three snacks.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital in Urmia

Full name of responsible person

Dr. Mohammad Alizadeh

Street address

Hashte shahrivar street

City

Urmia

Province

West Azarbaijan

Postal code

5614687911

Phone

+98 45 3333 7906

Fax

+98 45 3333 7906

Email

far.alami28@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Oroumia University of Medical Sciences

Full name of responsible person

Dr.Mohammad Alizadeh

Street address

Hashte shahrivar street

City

Urmia

Province

West Azarbaijan

Postal code

5614687911

Phone

+98 45 3333 7906

Fax

+98 45 3333 7906

Email

far.alami28@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Oroumia 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
Oroumia University of Medical Sciences
Full name of responsible person
Dr.Mohammad Alizadeh
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
Nazloo
City
Urmia
Province
West Azarbaijan
Postal code
5614687911
Phone
+98 45 3333 7906
Fax
+98 45 3333 7906
Email
far.alami28@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Dr.Mohammad Alizadeh
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
Hashte shahrivar street
City

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Province
West Azarbaijan
Postal code
5614687911
Phone
+98 45 3333 7906
Fax
+98 45 3333 7906
Email
Far.alami28@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Oroumia University of Medical Sciences
Full name of responsible person
Dr.Mohammad Alizadeh
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
Hashte shahrivar street
City
Urmia
Province
West Azarbaijan
Postal code
5614687911
Phone
+98 45 3333 7906
Fax
+98 45 3333 7906
Email
far.alami28@gmail.com

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

Not applicable

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable