

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jun 2026

Effects of combined omega-3 fatty acid and vitamin E supplementation compared with the placebo on metabolic profiles, inflammatory factors and biomarkers of oxidative stress in patients with breast cystic fibrosis

Protocol summary

Study aim

Objective: The aim of this study is to determine the effects of combined omega-3 fatty acid and vitamin E supplementation on metabolic profiles, inflammatory factor and biomarkers of oxidative stress in patients with breast cystic fibrosis.

Design

Study design: Parallel double-blind randomized controlled clinical trial.

Settings and conduct

Population and sample size: 56 breast cystic fibrosis eligible and referred to Naghavi Clinic affiliated to Kashan University of Medical Sciences, Kashan, Iran in the study will be selected.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with breast cystic fibrosis according to mammography criteria aged 30 to 55 years. Exclusion criteria: Pregnant women, patients with metabolic disorders including thyroid dysfunction, diabetes or impaired glucose tolerance.

Intervention groups

Intervention group: Omega-3 fatty acid and vitamin E capsule (Barij Essence Pharmaceutical Company, Kashan, Iran), 1000 mg omega-3 fatty acid and 400 mg vitamin E, daily for 12 weeks orally. Control group: Placebo capsule (Barij Essence Pharmaceutical Company, Kashan, Iran), daily for 12 weeks orally.

Main outcome variables

Outcomes: High-sensitivity C-reactive protein and nitric oxide (primary outcomes). Glucose homeostasis parameters, lipid profiles, biomarkers of oxidative stress (secondary outcomes).

General information

Reason for update

Due to an error, the request for an update in our website

has been conducted after paper published. However, the revisions were in accordance with either the original approved proposal or with coordination with Vice Chancellor of Research at the University.

Acronym

IRCT registration information

IRCT registration number: **IRCT201510315623N55**

Registration date: **2015-11-20, 1394/08/29**

Registration timing: **retrospective**

Last update: **2019-11-09, 1398/08/18**

Update count: **1**

Registration date

2015-11-20, 1394/08/29

Registrant information

Name

Zatollah Asemi

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1534 3570

Email address

asemi_z@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2015-09-29, 1394/07/07

Expected recruitment end date

2015-10-30, 1394/08/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Effects of combined omega-3 fatty acid and vitamin E supplementation compared with the placebo on metabolic profiles, inflammatory factors and biomarkers of oxidative stress in patients with breast cystic fibrosis

Public title
Effects of supplementation in the treatment of breast cystic fibrosis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Patients with breast cystic fibrosis according to mammography criteria Aged 30 to 55 years
Exclusion criteria:
Pregnant women Patients with metabolic disorders including thyroid dysfunction, diabetes or impaired glucose tolerance

Age
From **30 years** old to **55 years** old

Gender
Female

Phase
3

Groups that have been masked

- Participant
- Investigator
- Outcome assessor

Sample size
Target sample size: **56**

Randomization (investigator's opinion)
Randomized

Randomization description
At study baseline and after stratification for pre-intervention BMI and weeks of gestation, subjects will be randomly allocated into two treatment groups to take either supplements (n = 28) or placebo (n = 28). Randomization will be done by the use of Stat Trek software. Participants, investigators or the assessors of the outcomes are also unaware of the study groups.

Blinding (investigator's opinion)
Double blinded

Blinding description
Randomization and allocation will be concealed from the researchers and participants until the final analyses are completed. Another person at the Clinic who is not involved in the trial and not aware of random sequences will allocate the numbered bottles of capsules to participants. Supplements and placebo are in the same packaging at the pharmaceutical company. Only the code is written on the packages. Patients and researcher do not know the type of drug and after analyzing the data, packet codes are decoded.

Placebo
Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kashan University of Medical Sciences

Street address

Ghotbe Ravandi Boulevard, Kashan

City

Kashan

Province

Isfahan

Postal code

81151-87159

Approval date

2015-09-28, 1394/07/06

Ethics committee reference number

IR.Kaums.REC.1394.88

Health conditions studied

1

Description of health condition studied

Breast cystic fibrosis

ICD-10 code

N60.0

ICD-10 code description

Solitary cyst of breast

Primary outcomes

1

Description

Nitric oxide

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Spectrophotometry

2

Description

hs-CRP

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Elisa kit

Secondary outcomes

1

Description

Insulin

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Elisa kit

2

Description

Fasting blood sugar

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

3

Description

Triglycerides

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

4

Description

HDL-cholesterol

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

5

Description

Total cholesterol

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

6

Description

Total antioxidant

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Spectrophotometry

7

Description

Glutathione

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Spectrophotometry

8

Description

VLDL-cholesterol

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

9

Description

LDL-cholesterol

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Enzymatic kit

10

Description

Insulin resistance

Timepoint

At the beginning of the study and after 12 weeks of intervention

Method of measurement

Calculation using HOMA formula

Intervention groups

1

Description

Intervention group: Omega-3 fatty acid and vitamin E capsule (Barij Essence Pharmaceutical Company, Kashan, Iran), 1000 mg omega-3 fatty acid and 400 mg vitamin E, daily for 12 weeks orally.

Category

Treatment - Drugs

2

Description

Control group: Placebo capsule (Barij Essence Pharmaceutical Company, Kashan, Iran), daily for 12 weeks orally.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Naghavi outpatient Clinic
Full name of responsible person
Zatollah Asemi
Street address
Shahid Rajaee Avenue, Kashan
City
Kashan
Province
Isfahan
Postal code
81151-87159
Phone
+98 31 5546 3378
Email
asemi_r@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Kashan University of
Medical Sciences
Full name of responsible person
Gholamali Hamidi
Street address
Kashan University of Medical Sciences
City
Kashan
Province
Isfahan
Postal code
81151-87159
Phone
+98 31 5554 0022
Email
research@kaums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Kashan 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
Kashan University of Medical Sciences
Full name of responsible person
Zatollah Asemi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
Bolvare Ghotbe Ravandi, Kashan
City
Kashan
Province
Isfahan
Postal code
81151-87159
Phone
+98 31 5554 2999
Email
asemi_r@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Zatollah Asemi
Position
PhD of Nutrition
Latest degree
Ph.D.
Other areas of specialty/work
Nutrition
Street address
Ghotbe Ravandi Boulevard, Kashan
City
Kashan
Province
Isfahan
Postal code
81151-87159
Phone
+98 31 5546 3378
Fax
Email
asemi_r@yahoo.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Kashan University of Medical Sciences

Full name of responsible person

Zatollah Asemi

Position

PhD of Nutrition

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

Street address

Ghotbe Ravandi Boulevard, Kashan

City

Kashan

Province

Isfahan

Postal code

81151-87159

Phone

+98 31 5546 3378

Fax**Email**

asemi_r@yahoo.com

Web page address**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

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