

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Effect of probiotic yogurt blood sugar and cardiovascular biomarkers in patient type II diabetes clinic in Gorgan city in 2014

Protocol summary

Summary

This study is a randomized clinical trial . Population of diabetic patients attending a diabetes clinic in the city of Gorgan in 1392 are. A total of 90 patients according to the inclusion criteria will be randomly selected . Data collection included demographic form that included demographic and clinical are two parts . Subjects randomly assigned to intervention and control groups will be . During the 4 -week study , the control group did not receive any of our species and its previous routine compliance regime Knndvafrad daily treatment group, 2.5 % fat yoghurt 100g packages would consume probiotics . Measure blood sugar and blood pressure and Biological Indicators two sessions will be conducted and will be recorded . Blood samples will be taken at the beginning and end of the study

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Recruitment status

Recruitment complete

Funding source

Golestan University of Medical Sciences

Expected recruitment start date

2014-09-09, 1393/06/18

Expected recruitment end date

2014-11-22, 1393/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201404185866N18**

Registration date: **2014-11-05, 1393/08/14**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-05, 1393/08/14

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

Scientific title

Effect of probiotic yogurt blood sugar and cardiovascular biomarkers in patient type II diabetes clinic in Gorgan city in 2014

Public title

Effect probiotic yogurt on patients with diabetes type 2

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: people are choosing which cases are active and are clinic 5 Azar hospital diabetes the last test in case of non-fasting plasma glucose and fasting plasma glucose greater than 110 or greater than 200; more than a year has passed since the diabetes pill Metformin and Glibeclamid consume or use insulin; not suffering from an advanced form of the disease known vital organs and mental disorders; age between 30 to 70 years old and living in Gorgan. Exclusion criteria: Patients who for any reason are excluded during the study

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked*No information***Sample size**Target sample size: **90****Randomization (investigator's opinion)**

Randomized

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

Single blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**Golestan University of Medical Sciences Ethics
Committee**Street address**

Golestan University of Medical Sciences, Shastkola

City

Gorgan

Postal code**Approval date**

2014-06-08, 1393/03/18

Ethics committee reference number

13930318445

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

Diabet

ICD-10 code

IV

ICD-10 code description

Endocrine, nutritional and metabolic diseases

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

TG

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

2**Description**

cholesterol

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

3**Description**

HBA1C

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

4**Description**

LDL

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

5**Description**

HDL

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

6**Description**

Fasting Blood Sugar

Timepoint

The beginning of the study, and 4 weeks later

Method of measurement

Taking a blood sample and send to the laboratory

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

Blood Pressure

Timepoint

Before and after study

Method of measurement

Blood pressure device

2**Description**

CRP

Timepoint

Before and after intervention

Method of measurement

Venous blood samples

Intervention groups**1****Description**

Intervention group: blood samples will be taken at the beginning study; measures HBA1C, TG, cholesterol, LDL, HDL, fasting blood suger, CRP, blood pressure and then 4-week intake yogurt probiotics(2.5 % fat), 100g packages three times a day. At the end of the study ,after 4 weeks repeated tests and examine the effects of yogurt probiotics.

Category

Other

2**Description**

Control group: blood samples will be taken at the beginning study; measures HBA1C, TG, cholesterol, LDL, HDL, fasting blood suger, CRP, blood pressure and then 4-week intake usual yogurt(2.5 % fat), 100g packages three times a day. At the end of the study, after 4 weeks repeated tests and examine the effects of usual yogurt.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Health Center Diabetes Center of Gorgan

Full name of responsible person

Mahin Rezaei

Street address

Gorgan meeting 4

City

Gorgan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Golestan University of Medical Science, Research & Technology

Full name of responsible person

Doctor Masood Khoshnya

Street address

Deputy of Research & Technology, Golestan University of Medical Sciences,Shastkola

City

Gorgan

Grant name

مرکز تحقیقات

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Golestan University of Medical Science, Research & Technology

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**

Golestan University of Medical Sciences

Full name of responsible person

Mahin.Rezaei

Position

Ms Student of Critical Nursing Care

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

Nursing Research Center, Golestan University of Medical Sciences

Full name of responsible person

Dr Akram Sanagoo

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
Akram Sanagoo
Position
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Other areas of specialty/work
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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