

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Effect of green tea on BMI and anthropometric measures

Protocol summary

Summary

Comparing the changes of body mass index (BMI) and anthropometric measures at the onset of the study, 6 and 12 weeks after treatment. This clinical trial is performed in Guilan Pain Clinic on subjects whom are visited for weight loss or any other purpose. After obtaining a history, physical exam and 12 lead ECG, venous blood is obtained for baseline biochemical serum measurements, as well as CBC- ALT- AST- BUN- Cr-ALKP. The inclusion criteria are patients aged between 18-55 years old; BMI between 24 and 35 kg/m²; low tea consumption (<2 tea bags/day or <4 g loose tea/day). The exclusion criteria; competitive athletes; smokers; use of any medication, apart from over the counter and oral contraceptives; suffering from any medical or psychiatric condition; actively following a weight loss regimen or a medically prescribed dietary regime; losing or gaining >2 kg body weight in the 3 months before the start of the trial; pregnancy and breast feeding. All participants meeting inclusion criteria provide with informed consent and are randomly assigned to two groups of green tea(n=30) and placebo(n=30) by triple blocks. Subjects in green tea group receive a cup of green tea 1 hour before breakfast and lunch. At the onset of the study and after 6 and 12 weeks BMI and anthropometric measures are measured by a person who is not aware from the type of drink. Then the results will be compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201504086186N10**

Registration date: **2015-04-23, 1394/02/03**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-04-23, 1394/02/03

Registrant information

Name

Bahram Naderi Nabi

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Guilan University of Medical Sciences

Expected recruitment start date

2015-05-23, 1394/03/02

Expected recruitment end date

2015-12-22, 1394/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of green tea on BMI and anthropometric measures

Public title

Effect of green tea on BMI and anthropometric measures

Purpose

Treatment

Inclusion/Exclusion criteria

The inclusion criteria: the patient aged between 30-65 years old candidate for tibia fracture surgery; daily consumed of black tea are not more than 3 tea bags or 4 diluted ones. The exclusion criteria are cognitive or psychiatric disorders; history of any drug abuse; hepatic

and renal diseases; pregnancy and breast feeding.

Age

From **18 years** old to **55 years** old

Gender

Both

Phase

2-3

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

Used

Assignment

Parallel

Other design features

Triple blocks randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Guilan University of Medical Sciences

Street address

Shahid Beheshti Freeway

City

Rasht

Postal code

4193833697

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

1930596706

Health conditions studied

1

Description of health condition studied

Body Mass Index

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Body Mass Index

Timepoint

Baseline ,6 and 12 weeks after treatment

Method of measurement

Kg/m2

2

Description

Anthropometric measures

Timepoint

Baseline ,6 and 12 weeks after treatment

Method of measurement

Cm

Secondary outcomes

empty

Intervention groups

1

Description

Intervention 1: An opaque straw cup with containing 100 cc of green tea which is prepared by a tea bag containing 2 gr of green tea in 80 cc water for 2 minutes. It is prescribed 1 hour before breakfast and lunch.

Category

Treatment - Other

2

Description

Intervention 2: an opaque straw cup with containing 100 cc of warm water. It is prescribed 1 hour before breakfast and lunch.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Poursina Hospital

Full name of responsible person

Bahram Naderi Nabi

Street address

Porsina Hospital

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research of Guilan University of Medical Sciences

Full name of responsible person

Abtin Heidarzadeh

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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

Vice chancellor for research of Guilan 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**

Guilan University of Medical Sciences

Full name of responsible person

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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*