

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The evaluation of the effects of intermittent fasting diet on clinical symptoms, inflammation, and oxidative stress in overweight and obese postmenopausal women with rheumatoid arthritis

Protocol summary

Study aim

Determining the effects of intermittent fasting on clinical symptoms, inflammation and oxidative stress in postmenopausal, overweight and obese women with rheumatoid arthritis

Design

A clinical trial with a control group, with parallel groups, on 44 patients

Settings and conduct

This study will be conducted as a parallel clinical trial on patients with rheumatoid arthritis. Participants from the rheumatology clinic of Valiasr Hospital in Tehran will be included based on the inclusion criteria. Informed written consent is obtained from the participants, then they are randomly assigned to one of the two groups of 16:8 intermittent fasting diet along with nutritional recommendations based on the permuted block randomization method. The study period will be 8 weeks. At the beginning and end of the study, 10 milliliters of venous blood will be taken from the patients to evaluate biochemical indicators, and also the anthropometric characteristics, food intake and activity and body composition of the patients will be collected.

Participants/Inclusion and exclusion criteria

Inclusion criteria: women with Rheumatoid Arthritis; menopause; overweight or obese. Exclusion criteria: alcohol consumption; pregnancy; breastfeeding; change in medication regime in the last 3 months.

Intervention groups

The people of the intervention group have an intermittent fasting diet of the type (16:8) in which people are only allowed to receive water and non-energy drinks, tea, coffee and sugar-free gums for 16 hours and for 8 hours In the case of free consumption, they will receive food along with healthy diet recommendations for eight weeks, and the control group will receive their usual diet along with healthy diet recommendations in

the same way as the intervention group, for eight weeks. will do

Main outcome variables

Clinical symptoms; inflammation and oxidative stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230217057441N1**

Registration date: **2023-03-05, 1401/12/14**

Registration timing: **prospective**

Last update: **2023-03-05, 1401/12/14**

Update count: **0**

Registration date

2023-03-05, 1401/12/14

Registrant information

Name

mahsa ranjbar

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-06, 1401/12/15

Expected recruitment end date

2024-03-20, 1403/01/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The evaluation of the effects of intermittent fasting diet on clinical symptoms, inflammation, and oxidative stress in overweight and obese postmenopausal women with rheumatoid arthritis

Public title
Evaluation of the effects of fasting diet in patients with rheumatoid arthritis

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Women Body mass index 25-35 kg/m2 Age range between 50 and 70 years Menopause Diagnosed with rheumatoid arthritis by a rheumatologist for more than 6 months Moderate to low rheumatoid arthritis disease activity (i.e. disease activity score <5.1) Following a stable drug regimen for 3 months before the intervention Not receiving non-steroidal anti-inflammatory drugs (NSAIDs) Willingness to cooperate
Exclusion criteria:
 Consumption of alcohol Suffering from other autoimmune diseases, kidney diseases, pancreatitis, gallstones, cancer Pregnancy and breastfeeding Following a special diet in the last three months Changing the medication regimen from 3 months

Age
From **50 years** old to **70 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **44**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study, we will using the permuted block technique using 4 blocks, which will be based on the BMI variable and the medications received, and to one of the two groups of 16:8 intermittent fasting diet along with nutritional recommendations to receive healthy food for Rheumatoid arthritis patients and the other group will be assigned a regular diet along with the nutritional recommendations of receiving healthy food for rheumatoid arthritis patients, similar to the recommendations given to the fasting group.

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

Ethics Committee in Research of Imam Khomeini Hospital Complex - Tehran University of Medical Scienc

Street address

Imam Khomeini Hospital Complex, Tohid Squire

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Postal code

1419733141

Approval date

2023-02-14, 1401/11/25

Ethics committee reference number

IR.TUMS.IKHC.REC.1401.376

Health conditions studied

1

Description of health condition studied

Rheumatoid Arthritis

ICD-10 code

M05

ICD-10 code description

Rheumatoid arthritis with rheumatoid factor

Primary outcomes

1

Description

In this study, HAQ score is considered as the primary outcome

Timepoint

Investigating the effects of clinical symptoms, inflammation and oxidative stress at the beginning of the study (before the start of the intervention) and 8 weeks after the start of the intermittent fasting diet in postmenopausal, overweight and obese women with rheumatoid arthritis

Method of measurement

Questionnaire for health assessment-disability index: In order to evaluate the performance of patients, it will be completed by the project manager at the beginning and end of the study, and by asking the patients.

Secondary outcomes

1

Description

The level of total oxidant and antioxidant capacity

Timepoint

The effect of intermittent fasting diet on the level of total oxidant and antioxidant capacity at the beginning of the study (before the start of the intervention) and 8 weeks after the start in postmenopausal, overweight and obese women with rheumatoid arthritis.

Method of measurement

Calorimetry kit: It will be measured from colorimetric methods with microplate spectrophotometer to measure TAC and TOC at the beginning and end of the study.

2

Description

Symptoms of rheumatoid arthritis

Timepoint

The effect of intermittent fasting on the symptoms of rheumatoid arthritis at the beginning of the study (before the intervention) and 8 weeks after the intervention in postmenopausal, overweight and obese women with rheumatoid arthritis.

Method of measurement

Questionnaire to evaluate the degree of swelling and tenderness of joints in rheumatoid arthritis patients, questionnaire of perceived visual pain of the patient, questionnaire of health-disability index, questionnaire to evaluate the level of disease activity by the patient, questionnaire to evaluate the level of disease activity by the researcher, questionnaire to evaluate morning stiffness

3

Description

Inflammation

Timepoint

The effect of intermittent fasting diet on inflammation at the beginning of the study (before the start of the intervention) and 8 weeks after the start in postmenopausal, overweight and obese women with rheumatoid arthritis

Method of measurement

Erythrocyte sedimentation rate or ESR and C-reactive protein or CRP

Intervention groups

1

Description

Intervention group: The people of the intervention group have an intermittent fasting diet of the type (16:8) in which people are only allowed to receive water and non-energy drinks, tea, coffee and sugar-free gums for 16 hours and for 8 hours in the free mode, they will receive food along with healthy diet recommendations for eight

weeks

Category

Lifestyle

2

Description

Control group: The control group will receive their usual diet, along with the same healthy diet recommendations as the intervention group, for eight weeks.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Khomeini Hospital

Full name of responsible person

Kurosh Djafarian

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Grant name

Research assistant of Tehran University of Medical Sciences

Grant code / Reference number

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

Yes

Title of funding source

Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

Kurosh Djafarian

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

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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