# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

16 Sep 2026

## The effect of multimodal nutrition intervention on glucose and lipid parameters of Arfa iron and steel company workers

## Protocol summary

**Study aim**
Determining the effect of nutritional interventions on blood sugar and lipid factors in Arfa Steel Company workers

**Design**
At the beginning of this study, the blood pressure, height and weight of the participants were measured, as well as the data related to blood sugar-lipid factors were collected in a laboratory. Then, all of them are given nutritional interventions that include changes in the menu of foods, training in the correct cooking method, and training in nutrition concepts individually and in groups. After a period of six months, blood sugar-lipid factors as well as blood pressure, height and weight of people are measured again. Then, using the paired t test, we will investigate the effect of nutrition interventions on these factors.

**Settings and conduct**
A field trial will conduct on Arfa Steel Company workers

**Participants/Inclusion and exclusion criteria**
Inclusion criteria: Be employed in Arfa steel factory in Yazd Exclusion criteria: Having any type of cancer

**Intervention groups**
Arfa Steel Company workers

**Main outcome variables**
Weight - body mass index - fasting blood sugar - liver enzymes(SGPT , SGOT) - blood total cholesterol - blood triglyceride - blood LDL cholesterol - blood HDL cholesterol- blood pressure

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20120913010826N34**
Registration date: **2023-08-13, 1402/05/22**
Registration timing: **prospective**
Last update: **2023-08-13, 1402/05/22**
Update count: **0**

**Registration date**
2023-08-13, 1402/05/22

**Registrant information**

**Name**
Azadeh Nadjarzadeh

**Name of organization / entity**
Shahid Sadoughi University of Medical Sciences

**Country**
Iran (Islamic Republic of)

**Phone**
+98 912 202 2817

**Email address**
azadnajarzadeh@ssu.ac.ir

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2023-08-21, 1402/05/30

**Expected recruitment end date**
2024-02-19, 1402/11/30

**Actual recruitment start date**
empty

**Actual recruitment end date**
empty

**Trial completion date**
empty

**Scientific title**
The effect of multimodal nutrition intervention on glucose and lipid parameters of Arfa iron and steel company workers

**Public title**
The effect of multimodal nutrition intervention on workers

**Purpose**
Health service research

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

Be employed in Arfa iron and steel company in Yazd

**Exclusion criteria:**

Having any type of cancer

**Age**

From **18 years** old

**Gender**

Both

**Phase**

1

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **1100**

**Randomization (investigator's opinion)**

N/A

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Single

**Other design features**

## Secondary Ids

empty

## Ethics committees

**1**

**Ethics committee**

**Name of ethics committee**

Shahid Sadoughi University of Medical Sciences

**Street address**

Campus of Sadoughi University of Medical Sciences, Shohadaye Gomnam Blv,Yazd

**City**

Yazd

**Province**

Yazd

**Postal code**

8915173160

**Approval date**

2023-07-08, 1402/04/17

**Ethics committee reference number**

IR.SSU.SPH.REC.1402.042

## Health conditions studied

**1**

**Description of health condition studied**

Cardiovascular disease

**ICD-10 code**

I25.0

**ICD-10 code description**

Cardiovascular disease, unspecified

## Primary outcomes

**1**

**Description**

fast blood sugar

**Timepoint**

Before and after intervention

**Method of measurement**

Standards of medical diagnostic laboratories

**2**

**Description**

cholesterol(lipid profile index)

**Timepoint**

Before and after intervention

**Method of measurement**

Standards of medical diagnostic laboratories

**3**

**Description**

TG (lipid profile index)

**Timepoint**

Before and after intervention

**Method of measurement**

Standards of medical diagnostic laboratories

**4**

**Description**

liver enzymes (AST, ALT)

**Timepoint**

Before and after intervention

**Method of measurement**

Standards of medical diagnostic laboratories

## Secondary outcomes

empty

## Intervention groups

**1**

**Description**

Intervention group: The intervention group will receive nutritional education

**Category**

Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Arfa steel company

**Full name of responsible person**

Azadeh Nadjarzadeh
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Ardakan
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## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Yazd University of Medical Sciences
**Full name of responsible person**
Azadeh nadjarzadeh
**Street address**
Yazd University of Medical Sciences, Alem sq.,Yazd
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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**
Yazd 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**
Yazd University of Medical Sciences
**Full name of responsible person**
Dr.Azadeh Nadjarzadeh
**Position**
Associate Professor, nutrition specialist
**Latest degree**
Ph.D.
**Other areas of specialty/work**
Nutrition
**Street address**
department of nutrition, school of public health,shahid sadoughi university of medical sciences, Yazd, Iran
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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**
No - There is not a plan to make this available
**Statistical Analysis Plan**
No - There is not a plan to make this available
**Informed Consent Form**
Yes - There is a plan to make this available
**Clinical Study Report**
Yes - There is 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**
Not applicable
**Title and more details about the data/document**
data report will be shared after publishing the paper.
**When the data will become available and for how long**
Six months after publish
**To whom data/document is available**
Academic researchers
**Under which criteria data/document could be used**
Using for Meta-analysis
**From where data/document is obtainable**
Center nutrition, public health, univercity of medical sciencies yazd Tel: 009835 31492239 Email: azadehnajarzadeh@gmail.com Azadenadjarzadeh
**What processes are involved for a request to access data/document**
It will be sent two weeks after the receipt of the email with the consent of the co-workers
**Comments**