

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 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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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
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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
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Person responsible for updating data

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Fax**Email**

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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

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 sciences 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