

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparing the effectiveness of diet based on Iranian traditional medicine and common diet in weight loss of fist high school students clinical trial study

Protocol summary

Study aim

Determining the comparison of the effectiveness of a diet based on traditional Iranian medicine and a diet based on modern medicine in reducing the weight of first high school students

Design

A clinical trial in two dietary groups of Iranian medicine and common medicine, with parallel groups, randomized, on 74 students. Randomization through a table of random numbers.

Settings and conduct

According to studies, about 20% of Iran's high school students are overweight or obese. The present study was conducted in the first high school students of Fasa city, with a random selection of 74 male and female students

Participants/Inclusion and exclusion criteria

Participants inclusion criteria: First grade high school students (13-16 years old) who are obese and overweight. Participants exclusion criteria: having extreme disability to the extent of not being able to answer psychotic mental illness multiple sclerosis diseases leading to lack of memory (such as Alzheimer's)

Intervention groups

Overweight or obese male and female students aged 13 to 16 who are in one of the groups 1. Diets of Iranian medicine 2. Diet of common medicine randomly receive the desired diet. In the next step, anthropometric factors and questionnaires is completed .After 30, 60 and 90 days, the amount of weight loss in these two methods is compared

Main outcome variables

Controlling overweight and obesity in students

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230610058442N1**

Registration date: **2023-09-10, 1402/06/19**

Registration timing: **prospective**

Last update: **2023-09-10, 1402/06/19**

Update count: **0**

Registration date

2023-09-10, 1402/06/19

Registrant information

Name

Mohsen Farboud

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5336 3240

Email address

m.farboud@fums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-09-27, 1402/07/05

Expected recruitment end date

2023-10-07, 1402/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effectiveness of diet based on Iranian traditional medicine and common diet in weight loss of

first high school students clinical trial study

Public title

The diet of Iranian medicine and common medicine in reducing the weight of students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

First high school students (13-16 years old) who are obese and overweight

Exclusion criteria:

Having excessive disability to the point of not being able to respond psychotic mental illness multiple sclerosis diseases leading to lack of memory (such as Alzheimer's)

Age

From **13 years** old to **16 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 of Fasa University of Medical Sciences

Street address

Health Deputy Bldg, 2th Floor, Salamat Street, Valiasr Blvd, FASA, IRAN

City

FASA

Province

Fars

Postal code

746175005

Approval date

2023-07-30, 1402/05/08

Ethics committee reference number

IR.FUMS.REC.1402.064

Health conditions studied

1

Description of health condition studied

Obesity

ICD-10 code

E66.0

ICD-10 code description

Obesity due to excess calories

Primary outcomes

1

Description

The amount of weight loss

Timepoint

30, 60, and 90 days after starting the diet

Method of measurement

Digital scale with an accuracy of 100 grams

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: First high school students who receive traditional Iranian medicine diet. These people receive a 14-day standard diet plan, which includes dietary recommendations regarding the type and manner of consuming foods for breakfast, lunch, dinner, and snacks. For example, it is forbidden to consume tea in the breakfast meal, or to pour cumin seeds next to the rice while boiling the rice in the lunch meal, or that you are allowed to have a snack twice a day.

Category

Prevention

2

Description

Intervention group: High school students who receive the common diet. In this diet, modification of food pattern and control of calorie intake are emphasized based on basic diet regulation. Nutritionists adjust the appropriate diet for students during adolescence to prevent the spread of overweight and obesity.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Fasa Health Deputy

Full name of responsible person

Mohsen Farboud

Street address

Health Deputy Bldg,2th Floor,Salamat Street,Valiasr Blvd,FASA,IRAN

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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Fasa University of Medical Sciences

Full name of responsible person

Akbar Farjadfar

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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

Fasa 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**

Fasa University of Medical Sciences

Full name of responsible person

Mohsen Farboud

Position

School health unit expert

Latest degree

Master

Other areas of specialty/work

Health Service Management

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Person responsible for scientific inquiries

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Full name of responsible person

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

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Latest degree

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All data is potentially shareable after de-identifying individuals.

When the data will become available and for how long

Access to documents/data files starts 6 months after publishing the results.

To whom data/document is available

Researchers working in the industry and researchers of academic institutions can send requests to receive data and study documents.

Under which criteria data/document could be used

The results of the study can be used in interventions such as the effect of herbal medicines along with diet.

From where data/document is obtainable

To receive documents and study data, applicants can send email to Mr. Mohsen Farboud, an expert on the school health program of FASA health deputy, via e-mail m.farboud@fums.ac.ir or call his mobile number 09171304977.

What processes are involved for a request to access data/document

To receive documents and study data, applicants can write to Mr. Mohsen Farboud, an expert on the school health program of the FASA health department, via e-mail m.farboud@fums.ac.ir or call his mobile number 09171304977.

Comments