

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 2026

Plasma levels of leptine and growth hormone after auricular and body electro acupunctre combine with low calorie diet for weight reduction in patients.

Protocol summary

Summary

Obesity is now one of the problems of human society. This treatment is safe, cheap, easy, and scientific and because of this, embraced by all communities. In some studies, has been said that in addition to the effects of acupunctre on weight loss, it will effect on the appetite. Our study is to explore the mechanism of acupunctre on the human appetite control. leptin is an important and effective hormone in appetite control. Also recently has been reported that the appetite-enhancing hormone (Grlin) increases the secretion of growth hormone. The purpose of this study is to show the mechanism of acupunctre on the human appetite by affecting the levels of leptin and growth hormone (GH). We examine this type of treatment in hormone levels of leptin and human growth hormone. The effectiveness of this therapy in obese patients, cause they do not need expensive medications. This study conducted on overweight and obese persons of both genders, aged between 18-60 years with BMI>25 kg/m² and who had medical history without drug history. The subjects were randomly divided to groups A (treated with low calorie diet) and B (treated with electro acupunctre and low calorie diet), C (placebo electro acupunctre with low calorie diet), D (treated with auricular acupunctre and low calorie diet) and E (placebo auricular acupunctre with low calorie diet). Body weight, BMI, body and trunk fat mass and fasting blood samples were measured. For measurement complete blood count, highly sensitive C-reactive protein (hs-CRP), creatinine and leptin and growth hormone for three times in all subjects, first; at the beginning of study, second; one day after treatment and third; 45 days after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107267117N1**

Registration date: **2011-12-04, 1390/09/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-12-04, 1390/09/13

Registrant information

Name

Majid Ghayour Mobarhan

Name of organization / entity

Mashhad University of Medical Sciences,

Country

Iran (Islamic Republic of)

Phone

+98 51 1822 8573

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ghayourm@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz and Mashhad Universities of Medical Sciences

Expected recruitment start date

2010-09-30, 1389/07/08

Expected recruitment end date

2011-01-28, 1389/11/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Plasma levels of leptine and growth hormone after auricular and body electro acupuncture combine with low calorie diet for weight reduction in patients.

Public title

Plasma levels of leptine and growth hormone after auricular and body electro acupuncture combine with low calorie diet for weight reduction in patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: obese men and women; age between 18 to 50 without any history of illness. Exclusion criteria: Diabetes; sever hypertension; cardiac disease; endocrine abnormalities and women who were in gestation and lactation periods.

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **250**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Shiraz- emam hosein square- medical scinces university

City

Shiraz

Postal code

Approval date

2010-09-30, 1389/07/08

Ethics committee reference number

CT-88-4750

Health conditions studied

1

Description of health condition studied

Obesity and overweight

ICD-10 code

E66.9

ICD-10 code description

All neoplasms, whether functionally active or not, are classified in Chapter II. Appropriate codes in this chapter (i.e. E05.8, E07.0, E16-E31, E34.-) may be used, if desired, as additional codes to indicate either functional activity by neoplasms and ect

Primary outcomes

1

Description

Weight and BMI

Timepoint

1/5 months and 3 months after biging the study

Method of measurement

Body composition analyzer BC_418 (TANITA)

2

Description

Waist, hips, abdomen, ankles circumference

Timepoint

1/5 months and 3 months after biging the study

Method of measurement

meter

3

Description

Blood pressure

Timepoint

1/5 months and 3 months after bigining the study

Method of measurement

Mercury pressure indicator

Secondary outcomes

1

Description

Leptin hormone and growth hormone

Timepoint

1.5 month

Method of measurement

ELISA method

2

Description

Biochemical parameters

Timepoint

1.5 month

Method of measurement

Intervention groups

1

Description

The first group consist of 50 over weight and obese subjects with low-calorie diet

Category

Other

2

Description

The second group consist of 50 over weight and obese subjects with low-calorie diet plus body electro acupuncture

Category

Treatment - Drugs

3

Description

The third group consist of 50 over weight and obese subjects with low-calorie diet plus sham body electro acupuncture

Category

Placebo

4

Description

The fourth group consist of 50 over weight and obese subjects with low-calorie diet plus auricular acupuncture

Category

Treatment - Drugs

5

Description

The fifth group consist of 50 over weight and obese subjects with low-calorie diet plus sham auricular acupuncture

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Ghaem clinic

Full name of responsible person

Dr Majid Ghayour Mobarhan

Street address

Ahmadabad avenue

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Tavakkol

Street address

Deputy of Research of Mashhad University of Medical Sciences

City

Mashhad

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mashhad University of Medical Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Hatam

Street address

Deputy of Research of Shiraz University of Medical Sciences

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

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

Mashhad University of Medical Sciences

Full name of responsible person

Dr Majid Ghayour Mobarhan

Position

MD, PhD

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Fax

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