

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of the effect of Omega 3 capsules and fish consumption on Lipid Profile in Patients with Dyslipidemia

Protocol summary

Summary

This Study Has Been Designed to Comparison of effect of tablets containing Omega 3 versus fish consumption on Lipid Profile in Patients with dyslipidemia Referred to the Health Heart House, Affiliated to Shiraz Cardiovascular Research Center. In This Randomized Controlled Clinical Study 106 People Suffering from Dyslipidemia Age Between 20-85 Referred to Shiraz Heart House Have Been Selected According to the Inclusion criteria: Low Density Lipoprotein (LDL) above 150 or High-Density Lipoprotein (HDL) in Females under 50 and Males under 40 or triglyceride between 200-400 and the Use of no Untilipidemic Drugs. The Exclusion criteria have been Pregnancy; breastfeeding; the Use of Oral Contraceptive Pills (OCP) and Antilipidemic Drugs .These Persons Have Randomly been Divided into Experiment Group 1 (53 persons) Receiving Gezelala fish and Experiment Group2 (53 persons) Receiving capsules of omega3. The Experiment Group1 has been given two per weeks fish for two Months and the Experiment Group2 has been given two grams capsuls of omega3 for two months. At the End, Total Cholesterol, Low-Density Lipoprotein (LDL), High-Density Lipoprotein (HDL) and Triglyceride before and after Intervention have been Checked and Compared with Each Other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201411141525N5**

Registration date: **2015-02-12, 1393/11/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-02-12, 1393/11/23

Registrant information

Name

Mohammad Javad Zibaeenezhad

Name of organization / entity

Cardiovascular Research Center, Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 71 1234 3529

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-03-20, 1393/12/29

Expected recruitment end date

2015-05-05, 1394/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Omega 3 capsules and fish consumption on Lipid Profile in Patients with Dyslipidemia

Public title

Comparison of the effect of Omega 3 capsules and fish Consumption on Lipid Profile in Patients with Dyslipidemia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age 20 -85 year old; Low-density

Lipoprotein(LDL) above 150 or Triglyceride 200-400 or High- density Lipoprotein (HDL) Less 50 in Female and Less 40 in Male; Non-use Antilipidemic Drugs; Non History of Renal, Liver, Kidney, Heart, Thyroid, Diabetes mellitus Diseases; Non History of Food Allergy Especially to fish. Exclusion criteria: Breastfeeding and Pregnancy; Use of Antilipideimic Drugs; Alcohol Consumption; Hospitalization During Study; systemic disease that cannot participate in this study .

Age

From **20 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **106**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Science

Street address

Shiraz University of Medical Science, Zand St.

City

Shiraz

Postal code

7134814336

Approval date

2015-01-04, 1393/10/14

Ethics committee reference number

CT-P-9371-7391

Health conditions studied**1****Description of health condition studied**

hyperlipidemia

ICD-10 code

E78

ICD-10 code description

Disorders of Llipoprotein Metabolism and Other Lipidaemias

Primary outcomes**1****Description**

Serum Triglyceride

Timepoint

Before lintervention and Two Month After Intervention

Method of measurement

Biochemical measurements on Blood Samples

2**Description**

Low Density Lipoprotein

Timepoint

Before and 2 months After Intervention

Method of measurement

Biochemical measurements on Blood Samples

3**Description**

Serum Total Cholesterol

Timepoint

Before and 2 months After Intervention

Method of measurement

Biochemical measurements on Blood Samples

Secondary outcomes**1****Description**

High Density Lipoprotein

Timepoint

Before Intervention and Two Month After Intervention

Method of measurement

Biochemical Measurements on Blood Sample

Intervention groups**1****Description**

Intervention group1: Consumption 250 Gram Ghezel ala fish two times per week for 60 days

Category

Lifestyle

2**Description**

Intervention Group2 : Use Capsule of Omega3 2 Grams per day for 60 days.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Cardiovascular Research Center of Shiraz University of Medical Sciences

Full name of responsible person

Maryam Ghavipisheh

Street address

Cardiovascular Research Center, Khalili St, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical of Science

Full name of responsible person

Mrs. Hoghooghi

Street address

Cardiovascular Research Center, Khalili St, shiraz

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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

Shiraz University of Medical of Science

Proportion provided by this source

100

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

Shiraz University of Medical Sciences

Full name of responsible person

Maryam Ghavipisheh

Position

Resident of Cardiology

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Resident of Cardiology

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Web page address

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