Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

Email address

zibaeem2@sums.ac.ir

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 Iintervention 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

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 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

Other areas of specialty/work

Street address
Shiraz University of Medical Sciences, zand St, shiraz

City
Shiraz

Postal code
7134814336

Phone
+98 71323323366

Fax

Email
Maryam.ghavipishe@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Cardiovascular Research Center of Shiraz

Full name of responsible person
Dr .Mohammad Javad Zibaeenezhad

Position
Fellowship of Interventional Cardiology

Other areas of specialty/work

Street address
Cardiovascular Research, Khalili St, Shiraz

City
Shiraz

Postal code
7193635899

Phone
+98 71 3628 1561

Fax

Email
zibaee2@sums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Science

Full name of responsible person
Maryam Ghavipisheh

Position
Resident of Cardiology

Other areas of specialty/work

Street address
Shiraz University of Medical Science, Zand St, Shiraz

City
Shiraz

Postal code
7193635899

Phone
+98 71 1234 3529

Fax

Email
Maryam.ghavipishe@yahoo.com

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