

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of vaccinium on blood pressure and fasting blood sugar

Protocol summary

Summary

Aim: Assessment of the effect of vaccinium on blood pressure and fasting blood sugar among 50 patients who refer to Farhangian clinic in Arak. Inclusion criteria: 1. Age: 45-55 years; 2. blood presser and fasting blood sugar are not less than 140/90 and 120, respectively. 4. Diagnosis of hypertension and diabetes from at least two years ago. Exclusion criteria: 1. patients with history of taking anti-clotting drugs or donor bleeding disorders. Primary outcome: fasting blood sugar and blood pressure before use of vaccinium and 4 times after use of vaccinium (weekly).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201208188160N2**

Registration date: **2012-12-28, 1391/10/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2012-12-28, 1391/10/08

Registrant information

Name

Fatemeh Zolfaghari

Name of organization / entity

Azad university of Arak

Country

Iran (Islamic Republic of)

Phone

+98 86 1422 0590

Email address

f-zolfaghari@iau-arak.ac.ir

Recruitment status

Recruitment complete

Funding source

Azad university of Arak

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2013-02-19, 1391/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of vaccinium on blood pressure and fasting blood sugar

Public title

The effect of vaccinium on blood pressure and fasting blood sugar

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 1. Age: 45-55 years; 2. blood presser and fasting blood sugar are not less than 140/90 and 120, respectively. 4. Diagnosis of hypertension and diabetes from at least two years ago. Exclusion criteria: 1. patients with history of taking anti-clotting drugs or donor bleeding disorders.

Age

From **45 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **50**

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

Azad University

Street address

Islamic Azad University, University Campus, Imam
Khomeini Sq., 5th Km of Khomein Road

City

Arak

Postal code

Approval date

2010-08-10, 1389/05/19

Ethics committee reference number

201

Health conditions studied

1

Description of health condition studied

fasting blood suger

ICD-10 code

E10-E14

ICD-10 code description

Diabetes mellitus

2

Description of health condition studied

Hypertension

ICD-10 code

I10-I15

ICD-10 code description

Hypertensive diseases

Primary outcomes

1

Description

fasting blood sugar

Timepoint

one time before use of vaccinium and 4 times after that
(weekly)

Method of measurement

test of fasting blood sugar

2

Description

hypertension

Timepoint

one time before use of vaccinium and 4 time after thet
(weekly)

Method of measurement

sphygomanometer

Secondary outcomes

empty

Intervention groups

1

Description

Thirty grams of blueberries are milled and then mixed in
one liter of water. The liquid is then boiled for once. The
patients are trained to drink one cup of it in every meal.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Farhangian clinic of arak

Full name of responsible person

Street address

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Azad universiy of Arak

Full name of responsible person

Miss khanmohammadi

Street address

Islamic Azad University, University Campus, Imam
Khomeini Sq., 5th Km of Khomein Road

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Azad universiy of Arak

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
self-employed
Full name of responsible person
Farsaneh Zolfaghari
Position
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Person responsible for updating data

Contact

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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