Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Resveratrol on some biochemical and hormonal factors in university staff

Protocol summary

Study aim
The effect of Resveratrol on some biochemical and hormonal factors in university staff

Design
Phase 3 clinical trial with control group, double-blind, randomized with Randomizer software with a sample size of 80 people

Settings and conduct
This study is a double-blind randomized clinical trial that will be performed at Qazvin University of Medical Sciences.

Participants/Inclusion and exclusion criteria
Entry conditions: People between 18 to 50 years old Complete consent of individuals to participate in the study Having a BMI of 25 to 30 kg/m² No entry conditions: People having any allergies to the drug People with diabetes People with a history of high fat under treatment People taking vitamins and supplements People taking herbal medicines Patients with a history of inflammatory disease being treated People with known liver and kidney disease People with known lipid disease People treated with corticosteroids, aspirin and anti-lipids and hormonal drugs, hyperthyroidism and hypothyroidism People on drug treatment related to metabolic syndrome

Intervention groups
Group 1: People taking resveratrol Group 2: Control group with placebo

Main outcome variables
Measurement of body fat, Follicle-stimulating hormone, Dehydroepiandrosterone, Luteinizing hormone, fasting Insulin, Anti Mullerian hormone, Insulin-like growth factor 1, Interleukin 6, Self-monitoring of blood glucose, Testosterone, White Blood Cell, Lymphocyte, Neutrophil, Platelet, Body mass index, High-Sensitivity C-Reactive Protein, low-density lipoprotein, high density lipoprotein, triglycerides, Total antioxidant, Fasting Blood Sugar, Homeostatic Model Assessment for Insulin Resistance

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20200408046987N4**
Registration date: **2022-01-27, 1400/11/07**
Registration timing: **prospective**

Last update: **2022-01-27, 1400/11/07**
Update count: **0**

Registration date
2022-01-27, 1400/11/07

Registrant information
Name
Nematollah Gheibi
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 28 3332 8212
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ngheibi@qums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-02-04, 1400/11/15
Expected recruitment end date
2022-03-06, 1400/12/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

The effect of Resveratrol on some biochemical and hormonal factors in university staff

Public title

The effect of Resveratrol on some biochemical and hormonal factors

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

People between 18 to 50 years old Complete consent of individuals to participate in the study Having a BMI of 25 to 30 kg/m²

Exclusion criteria:

People having any allergies to the drug People with diabetes People with a history of high fat under treatment People taking vitamins and supplements People taking herbal medicines Patients with a history of inflammatory disease being treated People with known liver and kidney disease People with known lipid disease People treated with corticosteroids, aspirin and anti-lipids and hormonal drugs, hyperthyroidism and hypothyroidism People on drug treatment related to metabolic syndrome

Age

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

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, a simple randomization method is used and a list of random numbers is created with Randomizer software. The software randomly divides this list from 1 to 80 between the control and intervention groups. Depending on the order of patients' referrals, they are given a number from 1 to 80 from the list of random numbers, and based on the list created by the software, which assigns each number to one of the two control and intervention groups, people enter the intervention or control group. be.

Blinding (investigator's opinion)

Double blinded

Blinding description

Participants will be given medication or placebo after signing the consent form. The therapist and outcome assessor will not know the type of treatment, and the data analyzer will only know the group numbers.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Qazvin university of medical sciences

Street address

Bahonar Blvd

City

Qazvin

Province

Qazvin

Postal code

3419915315

Approval date

2021-03-15, 1399/12/25

Ethics committee reference number

IR.QUMS.REC.1399.569

Health conditions studied

1

Description of health condition studied

Metabolic syndrome

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Measurement of fasting Insulin

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by Snible kit

2

Description

Measuring the mass of fat accumulated in the body

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, the amount of accumulated fat will be measured with a digital scale

3

Description

Measurement of Follicle Stimulating Hormone

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by Snible kit

4

Description

Measurement of Luteinizing hormone

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by Snible kit

5

Description

Measurement of Dehydroepiandroterone

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by Snible kit

6

Description

Measurement of Anti Mullerian hormone

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by kit

7

Description

Measurement of Insulin-like growth factor 1

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by kit

8

Description

Measurement of Interleukin 6

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by kit

9

Description

Measurement of Self-monitoring of blood glucose

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by kit

10

Description

Measurement of Testosterone

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by kit

11

Description

Measurement of White Blood Cell

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by cell counter

12

Description

Measurement of Lymphocyte

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by cell counter

13

Description

Measurement of Neutrophil

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be measured by cell counter

14

Description

Measurement of Platelet

Timepoint

Before starting intervention and one month after intervention

Method of measurement

At the beginning and end of the study, it will be

measured by cell counter

15

Description
Measurement of Body Mass Index
Timepoint
Before starting intervention and one month after intervention
Method of measurement
Weight (in kilograms) Divided by Height (in meters to the power of 2)

16

Description
Measurement of High-Sensitivity C-Reactive Protein
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by Rosh kit (in mg/dL)

17

Description
Measurement of Low-density lipoprotein
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

18

Description
Measurement of High-density lipoprotein
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

19

Description
Measurement of Triglyceride
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

20

Description
Measurement of Total Antioxidant
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

21

Description
Measurement of Fasting Blood Sugar
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

22

Description
Measurement of Homeostatic Model Assessment for Insulin Resistance
Timepoint
Before starting intervention and one month after intervention
Method of measurement
At the beginning and end of the study, it will be measured by kit

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: People in this group take Resveratrol (An active compound of acetylene phytoalexin) capsule supplements once a day before meals for a month.
Category
Treatment - Drugs

2

Description
Control group: People in this group take one 1000 mg capsule containing wheat flour instead of Resveratrol every day for a month before a meal.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Qazvin university of medical sciences
Full name of responsible person
Dr. Nematollah Gheibi
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Dr. Nematollah Gheibi
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ngheibi@qums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Qazvin 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
Qazvin University of Medical Sciences
Full name of responsible person
Dr. Nematollah Gheibi
Position
University professor
Latest degree
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Medical Physics
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Not applicable