Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effects of acupuncture on ultrasonography result of abdominal subcutaneous fat in overweight and obese women: double blind, randomized, controlled clinical trial

Protocol summary

Summary

This study was performed to examine the effectiveness of body acupuncture on abdominal fat (assessed by Ultrasonography). Our study will be done completely randomized, double blind controlled clinical trial in obese or overweight (BMI: 25-40) in 18 to 65 years old women. The exclusion criteria are: severe or uncontrolled cardiovascular disease, severe or uncontrolled respiratory disease, severe or uncontrolled hematologic disease, severe or uncontrolled kidney disease, severe or uncontrolled neurological disease, patients with complications or severe fearing of needle and who are undergoing bariatric surgery. Sample size for this study is 80 patients. Subjects will receive authentic (cases) or sham (controls) acupuncture for 6 weeks in combination with a low-calorie diet and exercise prescription for weight loss. The participants ask to follow an isocaloric diet for 2 weeks before starting the trial and a low-calorie diet for 6 weeks. The low-calorie diet consisted of 500 kcal deficit per day, less than the individual daily energy expenditure. In the following 12 weeks; they received the low-calorie diet and exercise prescription. Subjects will assess at the beginning, at the end of intervention, 6 and 12 weeks later. For all patients abdominal fat (assess by Ultrasonography), body weight (BW), BMI, and body fat mass, hip circumference (HC), waist circumference (WC), waist hip ratio, biochemical parameters (FBS, ,TG ,HDL ,LDL ,SGOT ,SGPT ,Total cholesterol) and appetite (assess by VAS) will measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201402178588N18**
Registration date: **2014-05-03, 1393/02/13**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2014-05-03, 1393/02/13

Registrant information

Name

Mohadeseh Pishgahroudsari

Name of organization / entity

Mnimally Invasive Surgery Research Center

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences.

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2016-02-20, 1394/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of acupuncture on ultrasonography result of abdominal subcutaneous fat in overweight and obese women: double blind, randomized, controlled clinical trial

Public title

Effect of acupuncture on reducing abdominal fat and

treatment of obesity

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: woman,Age :18 to 65 , BMI: 25-40
Exclusion criteria: pregnancy, lactation, severe or uncontrolled endocrine abnormalities, severe or uncontrolled cardiovascular disease, severe or uncontrolled immunologic disease, severe or uncontrolled hematologic disease, They had previously not participated in weight control measures and had no relevant medical or drug history for weight control in the 3 months prior to recruitment, severe complications, severe fearing of needle, bariatric surgery

Age
From **18 years** old to **65 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

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
Iran University of Medical Sciences

Street address
Tehran

City
Tehran

Postal code

Approval date
2014-02-22, 1392/12/03

Ethics committee reference number
99888

Health conditions studied

1

Description of health condition studied
Obesity

ICD-10 code
E66

ICD-10 code description
Obesity

Primary outcomes

1

Description
abdominal subcutaneous fat

Timepoint
before intervention, 1 week after intervention, 6 weeks after intervention, 12 weeks after intervention

Method of measurement
ultrasonography

Secondary outcomes

1

Description
Weight

Timepoint
before intervention, 1 week after intervention, 6 weeks after intervention, 12 weeks after intervention

Method of measurement
Scale

2

Description
biochemical parameters

Timepoint
before intervention, 1 week after intervention, 6 weeks after intervention, 12 weeks after intervention

Method of measurement
Diagnostic lab kits

Intervention groups

1

Description
In case group subjects will receive authentic acupuncture for treatment of obesity twice weekly for 6 weeks.

Category
Treatment - Other

2

Description
In control group subjects will receive sham acupuncture twice weekly for 6 weeks.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasoul-e-Akram Hospital
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Iran University of Medical Sciences
Full name of responsible person
Dr.Seyed Ali Javad Mousavi
Street address
Iran University of Medical sciences, south side of Hemmat highway, Tehran, Iran.
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran University of Medical Sciences
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
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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