

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 2026

Evaluation of the effect of Berberis integerrima fruit extract on the indicators of glycemic control in type 2 diabetic patients: A Randomized Controlled Clinical Trial

Protocol summary

Study aim

To evaluate the efficacy of Barberry extract on blood glucose control indices in patients with type 2 diabetes

Design

A Randomized controlled clinical trial. All 60 people who meet the inclusion criteria of present Randomized Controlled Clinical Trial will be randomly divided into intervention and control groups. Block Randomization will be used for randomization. Before entering the study, the study procedure will be fully explained to the individual and a consent form will be provided.

Settings and conduct

In present study, patients will be selected from those referring to Endocrinology and Metabolism Research Center of Isfahan University of Medical Sciences (Sedigheh Tahereh Research Center).

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Age between 18 and 80 years; Diagnosis of type 2 diabetes according to ADA criteria with disease duration of at least 2 years; Taking metformin; Glycosylated hemoglobin between 6.5% and 9%. Non-inclusion criteria: Use of alcohol or other substances could be abused: Hepatic or renal disorder; Use of oral antidiabetic drugs increasing insulin secretion (sulfonylureas and repaglinide) and insulin products; pregnancy and lactation.

Intervention groups

Intervention group: Barberry syrup, 5 CC, twice daily for 2 months in addition to self medication. Control group: Patient control for 2 months and following the patient's previous medication regimen.

Main outcome variables

Fasting Blood Glucose; Glycosylated Hemoglobin (HbA1c); Serum Insulin; HOMA-IR.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150721023282N5**

Registration date: **2019-12-13, 1398/09/22**

Registration timing: **retrospective**

Last update: **2019-12-13, 1398/09/22**

Update count: **0**

Registration date

2019-12-13, 1398/09/22

Registrant information

Name

Rasool Soltani

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 7067

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-05-21, 1398/02/31

Expected recruitment end date

2019-10-21, 1398/07/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty	Isfahan University of Medical Sciences, Hezar Jarib street, Azadi square
Scientific title Evaluation of the effect of Berberis integerrima fruit extract on the indicators of glycemic control in type 2 diabetic patients: A Randomized Controlled Clinical Trial	City Esfahan
	Province Isfahan
	Postal code 8174673461
Public title The effects of Berberis integerrima fruit extract on blood glucose	Approval date 2019-05-14, 1398/02/24
Purpose Treatment	Ethics committee reference number IR.MUI.RESEARCH.REC.1398.104
Inclusion/Exclusion criteria Inclusion criteria: Age between 18 and 80 years old Diagnosis of type 2 diabetes according to ADA criteria with disease duration of at least 2 years Treatment with Metformin Glycosylated hemoglobin (HbA1c) between 6.5 and 11% Exclusion criteria: Using alcohol and other substances which can be abused Hepatic or renal disorder Use of oral antidiabetic drugs increasing insulin secretion (sulfonylureas and repaglinide) and insulin products Pregnancy and lactation	Health conditions studied 1 Description of health condition studied Type 2 diabetes mellitus ICD-10 code E11 ICD-10 code description Type 2 diabetes mellitus
Age From 18 years old to 80 years old	Primary outcomes 1 Description Fasting Blood Glucose Timepoint Before and After Intervention Method of measurement Laboratory Test
Gender Both	2 Description Serum Insulin Timepoint Before and After Intervention Method of measurement Laboratory Test
Phase 3	3 Description HbA1C Timepoint Before and After Intervention Method of measurement HPLC test
Groups that have been masked No information	
Sample size Target sample size: 60	
Randomization (investigator's opinion) Randomized	
Randomization description Block randomization: blocks of size 4 will be used, so that patients will be assigned to drug and control groups based on the determined sequence by the blocks.	
Blinding (investigator's opinion) Not blinded	
Blinding description	
Placebo Not used	
Assignment Parallel	
Other design features	
Secondary Ids empty	Secondary outcomes empty
Ethics committees 1 Ethics committee Name of ethics committee Ethics Committee of Isfahan University of Medical Sciences Street address	Intervention groups 1 Description

Intervention group: Berberis oral solution, 5 ml twice daily, for 8 weeks
Category
Treatment - Drugs

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Description
Control group: without use of Berberis oral solution, monitoring will be done for 8 weeks.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Endocrine and Metabolism Research Center, Isfahan University of Medical Sciences
Full name of responsible person
Rasool Soltani
Street address
Khorram street , Jomhuri Eslami square
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Sponsors / Funding sources

1

Sponsor

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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
Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Rasool Soltani
Position
Associate Professor
Latest degree
Specialist
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Confidential protection of patient data

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available