

IRB registration number with KACST, KSA: **H-11-N-136**

Oct 29, 2024

IRB Log January 2024-23A

Department: Study and Research Department

Category of Approval: Exempt

Dear,

Hany Mostafa Omar Ibrahim.

The IRB-KKH is pleased to inform you that your submission dated **Oct 27, 2024**, for the study mentioned below, **was reviewed**.

Protocol Title	Comparative study of different weekly GLP-1 receptor agonists among diabetec and non-diabetec patients : clinical trial
Documents Reviewed	Study proposal, CV, Request for exempt status, PI statement, MOH database information, signed Data Share Agreement, Study Sheets, and Ethics certificate.

Decision:

The protocol has been **approved** by the Institutional Review Board (IRB) of King Khalid Hospital .The IRB has reviewed the research proposal and has determined that it meets the ethical standards outlined in the Belmont Report and the GCP ICH guidelines. Approval is given for one year from the date of this letter.

Approval condition:

- This letter gives you ethical clearance to implement your study according to the approved documents. However, you still need to obtain administrative approval from the site where the study will be conducted.
- You are required to submit a progress report every six months. You are also required to submit any manuscripts resulting from this research for approval by the IRB before submission to journals for publication.
- As a researcher, you must have current and valid certification in the protection of human research subjects. This certification can be obtained by taking a short online course at the US NIH site or the Saudi NCBE site followed by a multiple-choice test.

If you have any further, questions feel free to contact me

Dr. Mana M. Almunajjim

Chairman, Institutional Review Board (IRB)

King Khalid Hospital-Najran

Tel: 966175453333 ext. 1043

Email: eam-kkh-hodcsr@moh.gov.sa





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MOH Data Share Agreement

This Agreement sets forth the terms and conditions under which the Provider will disclose certain data and protected health information, the party holding the data ("Provider") you request will be shared with you, the Data Recipient, for purposes outlined in the [Project Title] Proposal

Study Information:

- **Provider Name** : DRS Najran
- **Recipient Name PI** : Hany Mostafa Omar Ibrahim
- Protocol Title** : Comparative study of different weekly GLP-1 receptor agonists among diabetec and non-diabetec patients : clinical trial
-
- **Date** : 2024
- **Brief description of the research:**

The study is designed to compare and assess
GLP-1RAs efficacy in glycemic control, weight
management, and hepatobiliary affection
in patients with type
2 diabetes or non-diabetic persons





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The purpose of this research is to: Provide complete description of the purpose of the research project: prove that, there is significant changes between effects of different GLP-RAs on HBA1C level and liver, Biliary system and weight management.	
The recipient agrees to use the information solely in the following manner: Provide complete description of all proposed uses of the data set: agree	





Recipient agree to limit access to the information to the following individuals or classes of individuals: Provide complete list of all individuals, or classes of individuals, who will access the limited data set: agree	
Conditions and Stipulations:	
Recipient further agrees to the following conditions and stipulations:	
1. The information will not be used or further disclosed other than as permitted by this agreement or as otherwise required by Saudi Law.	.1
2. Appropriate safeguards will be implemented as described above to prevent use or disclosure of information other than as provided for by this agreement.	.2
3. Information set will not be re-identified.	.3
4. Individuals whose information is contained in the	.4





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information will not be contacted.	
5. You will use the information only for the research purposes described above.	.5
6. Recipient-investigator agrees to take the appropriate safeguards to prevent unauthorized use or disclosure of the information.	.6
7. Upon learning of any use or disclosure of information not provided for by this agreement, such unauthorized use or disclosure will be reported to the holder within 15 days of becoming aware of such use a disclosure.	.7
8. Any individuals or organizations, including subcontractors, to whom the information is provided, must first agree to the same restrictions and conditions set forth in this agreement.	.8
10. Recipient and Provider understand and agree that individuals who are the subject of PHI are not intended to be third party beneficiaries of this agreement.	.9
11. Each party agrees that it will be responsible for its own acts and the results thereof to the extent authorized by law and shall not be responsible for the acts of the other party or the results thereof.	.10





Term and Termination: 1. The term of this agreement shall be effective as of [insert effective date], and shall remain in effect until the research proposed is completed, after which you agree to destroy or return safely and promptly to Provider all information.	.1
2. Upon the Provider's knowledge of a material breach of this agreement by the Data Recipient, the Provider shall provide an opportunity for Data Recipient to cure the breach or end the violation. If efforts to cure the breach or end the violation are not successful within the 15 days period specified by the Provider, the Provider shall discontinue disclosure of PHI to the Data Recipient.	.2
3. The Data Recipient agrees to destroy study data according to the following specifications:	.3
• [Insert any specifications regarding the destruction of data pieces here].	•
• Unless otherwise required by Saudi law, the Data Recipient will destroy Data Set(s) no later than [insert Month Day Year of data destruction here] (i.e., within X year(s) of the study end date on [insert Month Day Year of study end date here]). The Data Recipient will notify the Holder with written confirmation of the destruction via email or other memo.	•
• When printed material containing confidential information is discarded, it is loaded, transported and stored under supervision (using a chain of custody control process) until the material can be recycled into	•





paper pulp.	
4. This agreement shall not be amended, altered, or changed except by written documentation agreed to and executed by both parties.	.4
Ownership of Data:	
All data shall remain exclusively owned by the disclosing party and its use by other parties shall be governed by the following:	
1. Information may be disclosed to study sites provided solely as necessary to perform obligations in connection with the research project for which such data are provided under this agreement. Such uses and disclosures shall also be in compliance with applicable laws and regulations, protocols, consent forms, if any, IRB approvals.	.1
2. No party shall use the names, logos, symbols or trademarks of another party or the other party's affiliates or related entities, without the express written permission of the other party, except that parties may identify each other in annual reports and like documents that generally describe or refer to the research project.	.2
3. The Provider retains any and all tangible and intangible rights to the information.	.3
4- Recipient abides to submit a final draft of the research including the results (or published paper) to the provider or uploading it to the research data base at MOH electronic site.	.4
5. The Products created by the Data Recipient shall be owned by the Data Recipient. Products jointly	.5





created by both the Data Recipient and the Holder shall be jointly owned.	
6. The Data Recipient agrees not to use or disclose the Data Set for any purpose or secondary use other than the reporting purposes outlined above or as required by Saudi law.	
7. The Data Recipient agrees to report to the Provider any use or disclosure of the Data Set not provided for by this agreement, of which it becomes aware, including without limitation, any disclosure of PHI to an unauthorized subcontractor, within ten (10) business days of its discovery.	.7
8. The Data Recipient agrees not to identify the information contained in the Data Set, contact the individual, or publish or disclose publically any PHI.	.8
<u>Security</u> The Data Recipient agrees to use appropriate administrative, physical, and technical safeguards to prevent use or disclosure of the Data Set other than as provided for by this agreement.	
• All data will be stored in secure storage areas or on digital media that has been password protected, encrypted, or otherwise secured for storage and transfer.]	•





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<u>Publications and Presentations</u> The Data Recipient should submit an application for publication to the General Directorate for Research and Studies –MOH prior to publication in local or international journals.	
The parties signing below agree to the conditions enumerated above.	
Authorized representative of the Provider or the facility releasing the data set: King Khalid Hospital Signature of authorized representative of the provider or the facility releasing the data set	





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Name of authorized representative: Dr. Mana ALmunajjim Title of authorized representative Recipient: S&R .D Name of facility: King Khalid Hospital Address: Phone: ... 01754433333/1043 e-mail: Eam-kkh-hodcsr@moh.gov.sa Fax: Date:	
To be fulfilled by PI Signature of Recipient: Recipient Name: Hany Mostafa Omar Ibrahim..... Recipient Institution: ... Alzafer Hospital Address: king abdel-aziz street alkhaledia region Najran Phone: 0966558492076 e-mail: hanymostafa351@yahoo.com Fax: Date: October 2024	

Comparative study of different weekly GLP-1 receptor agonists among diabetic and non-diabetic patients : clinical trial

Protocol of Thesis

Presented by

Hany Mostafa Omar Mohamed

PHD , Zagazig University
Lecturer of internal medicine
, Zagazig University, Egypt

2024

Introduction

Diabetes mellitus is very common health problem affecting 476 million, of which type 2 diabetic patients consider 463 million, and the number is increasing yearly. (1) According to one large randomized controlled trial (RCT) including 11,140 patients, with every 1% increase in glycosylated hemoglobin (HbA1c), risk was increased up to 40% of all-cause and cardiovascular mortality [2]. Now it's hard to have good control of blood sugar, and therapeutic achievements are needed to reach glycemic control [3,4]. Glucagon-like peptide 1 receptor agonist (GLP-1 RA) is a group of antidiabetic therapy that affects glucose metabolism, increases beta cells performance, and reduces body weight without hypoglycemia [5]. GLP-1 RAs are divided into short- and long-acting types according to mechanism of action [6,7]. Compared with other antihyperglycemic therapies, RCTs have reported better long-term effects, especially in relation with cardiovascular results [5]. GLP-1 RAs mediate its action on glucose metabolism by increasing insulin secretion induced by hyperglycemia, reduce glucagon secretion during hyperglycemia, decrease gastric emptying, preventing postprandial hyperglycemia, and decrease appetite and subsequently body weight. (8)(9) Short acting GLP-1 RAs (exenatide and lixisenatide) decrease nocturnal and fasting glucose response but maintain the effect on gastric emptying during long run therapy. Long acting GLP-1 RAs (eg, liraglutide, exenatide, and dulaglutide) have greater impact on nocturnal and fasting glucose and Glycosylated haemoglobin (HbA1c), both of them combined with basal insulin. GLP-1 RAs significantly decrease the weight of obese type 2 diabetic patients. (10)(11) " The US Food and Drug Administration has approved various preparation or doses of GLP-1 RAs for type 2 diabetes

therapy : exenatide, liraglutide, dulaglutide, albiglutide, lixisenatide, semaglutide, and tirzepatide.(12)

Independent evaluation is needed for different GLP-1RA drugs, regarding : pharmacokinetics, efficacy, side effects rates, and required doses . (13) In addition, its needed for physicians to know each GLP-1RA drug advantages and disadvantages to make the appropriate clinical decisions. A lot of network meta-analyses make comparison of the efficacy of various GLP-1RAs. (14)(15),However, there are new GLP-1RAs drugs quickly developing , and more drugs have announced this year, involving orforglipron, retatrutide, and CagriSema (semaglutide with cagrilintide).besides, an updated evidence synthesis considering various large scale trials published currently is urgently needed. (16)(17) " Thus, these preceding studies are not any more enough to provide adequate and timely support for patients, physicians, and investigators.

Subjects and Methods

Technical design:

Site of study: the study will be conducted in single center (Alzafer) hospital Najran KSA.

The sample size:150 person.

Subjects included in the study will be divided into 3 groups:

Group 1: include 60 patients who take the tirzepatide and it is subdivided into diabetic and non-diabetic

Group 2: include 60 patients who take semaglutide and it is subdivided into diabetic and non-diabetic

Group 3: include 30 patients who take dulaglutide and its subdivided into diabetic and non-diabetic

The study will be done in 2024.

Subject included in the study:

Inclusion criteria:

adults

(18-65 years old) diabetic or non-diabetic who received GLP-1RAs, with a follow-up duration of at least 24 weeks..

Exclusion criteria: crossover

design, non-inferiority studies comparing GLP-1RA to other drug classes without a placebo arm, or using withdrawn drugs. and Patients who will refuse to be enrolled in the study or refuse to sign the consent will be also excluded.

Method of selection of sample: the sample will be selected by randomized method.

Operational design:

Type of study: randomized controlled clinical trial.

Steps of performance and techniques used:

Full history taking: with special consideration to age, sex, diabetes duration and location of residence.

General examination: with special consideration to weight, height, body mass index was calculated by dividing weight (in kilograms) by the square of the height (in meters) and signs of cholecystitis .

Laboratory and radiological investigation: We measured the changes from

baseline in outcomes of HbA1c concentrations, fasting blood glucose concentrations, body weight, body mass index, waist circumference and liver functions tests (ALT,AST) and and gall bladder ultrasound

Administrative design:

- a) Approvals obtained performing the study from official or governmental department.
- b) Ethical committee in the faculty of medicine Najran University and from patients included in the study

Results

Collected data will be presented in tables and suitable graphs and analyzed according to standard statistical methods.

Discussion

Discussion will be done on results compared to related relevant literature and scientific researches.

Conclusion and Recommendations

Will be derived from the findings of the study.