

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of using nutritional supplements on quality of life and nutritional status of elders Cost utility analysis of interventions

#### Protocol summary

##### Summary

In this study 100 elderly person from nursing homes in Kermanshah will be divided into two case and control groups after the initial screening for the diseases and other criteria. The groups will be matched in case of the history of dietary supplements. Daily dietary supplement capsules (Multivitamin-Mineral) will be administrated for 3 months. Food supplement will be given to the subjects under nurses' supervision. There will be no intervention for control group. In order to control confounding variables double-blind random allocation method will be applied

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201205259856N1**  
Registration date: **2015-11-13, 1394/08/22**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2015-11-13, 1394/08/22

##### Registrant information

##### Name

Yahya Pasdar

##### Name of organization / entity

Kermanshah University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 83 1828 1991

##### Email address

yahya.pasdar@kums.ac.ir

#### Recruitment status

##### Recruitment complete

##### Funding source

Vice - Chancellery of Research & Technology Affairs  
Kermanshah University of Medical sciences

##### Expected recruitment start date

2015-10-23, 1394/08/01

##### Expected recruitment end date

2017-02-19, 1395/12/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of using nutritional supplements on quality of life and nutritional status of elders Cost utility analysis of interventions

##### Public title

Elderly Nutrition

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Elderly subjects who are residents in Kermanshah state nursing home at least for a month, will be enrolled in this study. Exclusion criteria include elderly who are suffering from chronic diseases, infectious diseases and who take dietary supplements.

##### Age

No age limit

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

No information

##### Sample size

Target sample size: **100**

**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**

Kermanshah University of Medical Sciences

**Street address**

Faculty of Health,Nutrition Department

**City**

Kermanshah

**Postal code****Approval date**

2015-01-13, 1393/10/23

**Ethics committee reference number**

45250

**Health conditions studied****1****Description of health condition studied**

Elderly nutrition

**ICD-10 code**

E63.9

**ICD-10 code description**

Nutritional deficiency, unspecified

**Primary outcomes****1****Description**

The level of vitamins serum

**Timepoint**

3 month

**Method of measurement**

Biochemical tests using standard methods

**Secondary outcomes****1****Description**

Weight change

**Timepoint**

3 month

**Method of measurement**

device of Body Analyzer

**Intervention groups****1****Description**

Daily dietary supplement capsules (Multivitamin-Mineral) will be administrated for 3 months. Food supplement will be given to the subjects under nurses' supervision.

**Category**

Treatment - Drugs

**2****Description**

There will be no intervention for control group

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

School of Public Health

**Full name of responsible person**

Dr yahya pasdar

**Street address**

kermanshah-Next Farabi Hospital

**City**

kermanshah

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Kermanshah University of Medical Sciences, Vice -  
Chancellery of Research & Technology

**Full name of responsible person**

Dr Farid Najafi

**Street address**

Kermanshah.shahid Beheshti Blvd. Building No  
2.University of Medical Sciences

**City**

Kermanshah

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Kermanshah University of Medical Sciences, Vice -  
Chancellery of Research & Technology

**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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

**Full name of responsible person**

Dr Yahya Pasdar

**Position**

Ph.D

**Other areas of specialty/work****Street address**

Department of Nutrition, School of Health

**City**

kermanshah

**Postal code****Phone**

+98 83 3828 1991

**Fax****Email**

Yahya.pasdar@kums.ac.ir; yahya.pasdar@gmail.com

**Web page address**

www.Drpasdar.com

**Person responsible for updating data****Contact****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*