Clinical Trial Protocol
Iranian Registry of Clinical Trials

21 Nov 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
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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
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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