Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

To compare daily and twice weekly iron supplementation on the anemia indices and side effects in mother and neonate (Cord) during pregnancy

Protocol summary

Summary

The objective of this study was to compare daily and twice weekly iron supplementation on the anemia indices and side effects in mother and neonate (Cord) during pregnancy. 365 pregnant women were enrolled and randomly divided into two groups to receive iron daily (one 60 ferrous Sulfate tablet) or twice weekly (one 60 mg ferrous Sulfate tablets on Mondays and Thursdays). The adverse outcomes of iron Supplementation in mothers were recorded during pregnancy. Hemoglobin and Ferritin were checked from the umbilical cord sample and also from the mother's blood sample at the birth time.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138802131641N4**
Registration date: **2010-03-27, 1389/01/07**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-03-27, 1389/01/07

Registrant information

Name

Azita Goshtasebi

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

Phone

+98 21 8288 3589

Email address

goshtasebi@modares.ac.ir

Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2008-12-07, 1387/09/17

Expected recruitment end date

2009-09-08, 1388/06/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

To compare daily and twice weekly iron supplementation on the anemia indices and side effects in mother and neonate (Cord) during pregnancy

Public title

To compare daily and twice weekly iron supplementation on the anemia indices and side effects in mother and neonate (Cord) during pregnancy

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: pregnancy between 14-20 gestational weeks, age 18-35 years, hemoglobin 10.5-13.2g/dl, singleton pregnancy, BMI (19.8-26) kg/m2, No history of medical diseases during pregnancy Exclusion criteria: hemoglobin less than 10.5 g/dl, preterm delivery before week 34, any condition that needs medical or surgical intervention

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked
No information
Sample size
Target sample size: **365**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tarbiat Modares university, Tehran
Street address
Nasr bridge, University Campus, Tehran
City
Tehran
Postal code
13116-14117
Approval date
2008-12-07, 1387/09/17
Ethics committee reference number
15071081

Health conditions studied

1

Description of health condition studied
Iron deficiency anemia
ICD-10 code
D50
ICD-10 code description
Iron deficiency anemia

Primary outcomes

1

Description
Complications of pregnancy
Timepoint
Since 20th week of gestational age till the end of pregnancy
Method of measurement
questionnaires filled by mothers

Secondary outcomes

1

Description
Hemoglobin level of mother
Timepoint
at the delivery time
Method of measurement
sampling from mother's blood

2

Description
Serum ferritin of mother
Timepoint
at the delivery time
Method of measurement
sampling from mother's blood

3

Description
Hemoglobin level of neonate
Timepoint
at the delivery time
Method of measurement
sampling from cord blood

4

Description
Serum Ferritin of neonates
Timepoint
at the delivery time
Method of measurement
sampling from cord blood

Intervention groups

1

Description
ferrous sulfate, 60 mg, one tablet per day, since 20th gestational week till the end of pegnancy
Category
Treatment - Drugs

2

Description
ferrous sulfate, 60 mg, one tablet on Mondays and Thursdays, since 20th gestational week till the end of pegnancy
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Imam Khomeini Hospital,
Full name of responsible person
Mozhgan Alizadeh
Street address
Imam Khomeini Hospital, Amir Mazandarany Street, Sari
City
Sari

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tarbiat Modares University, Tehran
Full name of responsible person
Dr Azita Goshtasbi
Street address
Nasr bridge, University Campus, Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tarbiat Modares University, Tehran
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
University Tarbiat Modares Tehran
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Assistant Professor of Midwifery
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Person responsible for scientific inquiries

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Person responsible for updating data

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Web page address

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