

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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/m<sup>2</sup>, 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 pregnancy

#### Category

Treatment - Drugs

### 2

#### Description

ferrous sulfate, 60 mg, one tablet on Mondays and Thursdays, since 20th gestational week till the end of pregnancy

#### 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

**Email**

goshtasebi@modares.ac.ir

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

Tarbiat Modares University

**Full name of responsible person**

Dr Azita Goshtasbi

**Position**

Assistant Professor of Midwifery

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

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**Email**

goshtasebi@modares.ac.ir

**Web page address****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

**Full name of responsible person**

Dr Azita Goshtasbi

**Position**

Assistant Professor of Midwifery

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

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**City**

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**Postal code**

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**Person responsible for updating data****Contact****Name of organization / entity**

Tarbiat Modares University

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Dr Azita Goshtasbi

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goshtasebi@modares.ac.ir

**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*