# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

22 Nov 2026

## Evaluation of the effect of apple juice and carrot juice on duration of acute watery diarrhea in children

## Protocol summary

**Summary**

Objectives: To assess the effect of apple juice and carrot juice on the duration of diarrhea in children with acute watery diarrhea. Design: A randomized clinical trial. Setting and conduct: The eligible patients with complaints of diarrhea referred to Shahid Beheshti Hospital will be enrolled into the trial. Inclusion criteria: Age 1-5 years, Acute watery diarrhea. Exclusion criteria: High fever (T>38.5°C), Severe dehydration, Bloody diarrhea, Severe malnutrition, Using of antibiotics or anti-diarrheal drugs, Patients with more than one complain, Immune deficiency. Intervention group 1: Oral administration of apple juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS. Intervention group 2: Oral administration of carrot juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS. Control group: Administration of ORS without fruit juice. Primary outcome: Duration of diarrhea by asking from patient or mother, frequency of diarrhea by asking from patient or mother.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2016101711145N17**
Registration date: **2017-01-05, 1395/10/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2017-01-05, 1395/10/16

**Registrant information**

**Name**

Mohammad Reza Sharif

**Name of organization / entity**

Kashan University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 31 5554 0026

**Email address**

sharif_m@kaums.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

Vice Chancellor of Research and Technology, Kashan University of Medical Sciences

**Expected recruitment start date**

2016-12-21, 1395/10/01

**Expected recruitment end date**

2017-12-22, 1396/10/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Evaluation of the effect of apple juice and carrot juice on duration of acute watery diarrhea in children

**Public title**

Evaluation of the effect of apple juice and carrot juice on acute watery diarrhea in children

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: Age 1-5 years; Acute watery diarrhea
Exclusion criteria: High fever (T>38.5°C); Severe dehydration; Bloody diarrhea; Severe malnutrition; Using of antibiotics or anti-diarrheal drugs; Patients with more than one complain; Immune deficiency

**Age**

From **1 year** old to **5 years** old

**Gender**
Both

**Phase**
N/A
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **120**
**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**
Ethics Committee of Kashan University of Medical Sciences
**Street address**
Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran
**City**
Kashan
**Postal code**
**Approval date**
2016-12-07, 1395/09/17
**Ethics committee reference number**
IR.KAUMS.REC.1395.95

## Health conditions studied

### 1

**Description of health condition studied**
Acute watery diarrhea
**ICD-10 code**
A09.9
**ICD-10 code description**
Gastroenteritis and colitis of unspecified origin

## Primary outcomes

### 1

**Description**
Duration of diarrhea
**Timepoint**
Daily
**Method of measurement**
Asking from patient or mother

### 2

**Description**
Frequency of diarrhea
**Timepoint**
Daily
**Method of measurement**
Asking from patient or mother

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group 1: Oral administration of apple juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS.
**Category**
Treatment - Drugs

### 2

**Description**
Intervention group 2: Oral administration of carrot juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS.
**Category**
Treatment - Drugs

### 3

**Description**
Control group: Administration of ORS without fruit juice.
**Category**
Treatment - Drugs

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Shahid Beheshti Hospital
**Full name of responsible person**
Dr. Mohammad Reza Sharif
**Street address**
Shahid Beheshti Hospital, Ghotbe Ravandi Blvd, Kashan, Iran
**City**
Kashan

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Vice Chancellor of Research and Technology, Kashan University of Medical Sciences

**Full name of responsible person**

Dr. Gholam Ali Hamidi

**Street address**

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

**City**

Kashan

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice Chancellor of Research and Technology, Kashan University of Medical Sciences

**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**

Kashan University of Medical Sciences

**Full name of responsible person**

Dr. Mohammad Reza Sharif

**Position**

Associate Professor, Pediatric Infectious Diseases Subspecialist

**Other areas of specialty/work**

**Street address**

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## Person responsible for scientific inquiries

**Contact**

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**Position**

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**Other areas of specialty/work**

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## Person responsible for updating data

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**Full name of responsible person**

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## 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*