

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Sep 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 ( $T > 38.5^{\circ}\text{C}$ ), 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 ( $T > 38.5^{\circ}\text{C}$ ); 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**

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

**City**

Kashan

**Postal code**

8715981151

**Phone**

+98 31 5554 0026

**Fax**

+98 31 5554 8900

**Email**

mrsharifmd@yahoo.com

**Web page address**

www.drsharif.ir

### Person responsible for scientific

## inquiries

**Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Dr. Mohammad Reza Sharif

**Position**

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### Person responsible for updating data

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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*