

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effect of vitamin D supplementation on symptoms and inflammatory indices in patients with migraine

Protocol summary

Summary

The aim of present study is to investigate the effects of vitamin D supplement on symptoms and inflammatory indices in patients with migraine. Inclusion criteria and exclusion criteria are confirmation of disease by neurologist and the use of antimigraine drugs, respectively. For this purpose, we enroll 90 patients with migraine. The participants will categorize to 2 groups (intervention and placebo group) to receive 50000 IU vitamin D or placebo/week for 10 weeks. Finally, at first and end of intervention, effect of vitamin D on migraine symptoms (severity, frequency, average duration of migraine attacks) and CRP will investigate.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012122911763N4**

Registration date: **2013-01-17, 1391/10/28**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-01-17, 1391/10/28

Registrant information

Name

Gholamreza Askari

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

askari@mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-03-19, 1391/12/29

Expected recruitment end date

2013-04-21, 1392/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of vitamin D supplementation on symptoms and inflammatory indices in patients with migraine

Public title

Vitamin D and migraine

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: aged 10-61 years; confirmation of migraine by neurologist; desire to participate in present study; do not use of corticosteroids, OCP, vitamin D, magnesium, calcium and riboflavin; do not take of antimigraine drugs; lack of tension headaches. Exclusion criteria: having diseases of liver, kidney and primary hyperparathyroidism; hypervitaminosis D

Age

From **10 years** old to **61 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**
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
Isfahan univesity of medical sciences
Street address
Isfahan, Hezarjirib street
City
Isfahan
Postal code
Approval date
2012-09-22, 1391/07/01
Ethics committee reference number
391212

Health conditions studied

1

Description of health condition studied
Migraine
ICD-10 code
G43.9
ICD-10 code description
Migraine, unspecified

Primary outcomes

1

Description
C-reactive protein (CRP)
Timepoint
First and end of intervention
Method of measurement
Laboratory analysis (blood test)

2

Description
Migraine symptoms (severity , frequency and average duration of migraine attacks)
Timepoint

first and end of intervention
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:vitamin D, 50000 IU, every week 1 supplement, 10 weeks

Category

Treatment - Drugs

2

Description

Placebo group: placebo, every week 1 supplement, 10 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Khorshid hospital
Full name of responsible person
Dr Gholamreza Askari
Street address
Isfahan, Ostandari street
City
Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Research Deputy of Isfahan University of Medical Sciences
Full name of responsible person
Dr Peyman Adibi
Street address
Isfahan , hezar jirib street
City
Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Deputy of Isfahan 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**

Isfahan university of medical sciences

Full name of responsible person

Tayebeh Mottaghi

Position

MSc of Nutrition

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

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Isfahan university of medical sciences

Full name of responsible person

Dr Gholamreza Askari

Position

MD & PhD (Nutritionist)

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

Hezarjirib street

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