

# 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

+98 31 1792 2110

##### 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**

Hezarjirib street

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**Postal code****Phone**

+98 31 1792 2658

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tmottaghi@yahoo.com

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**Postal code****Phone**

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askari@mui.ac.ir

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

Isfahan university of medical sciences

**Full name of responsible person**

Tayebeh Mottaghi

**Position**

MSc of Nutrition

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Isfahan, Hezarjirib street

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**Fax****Email**

tmottaghi@yahoo.com

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

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*