# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

16 Sep 2026

## The effect of antioxidant properties of chamomile tea

## Protocol summary

**Summary**

Objectives: The objective of present study is evaluating the effect of chamomile tea on antioxidative biomarkers and it's effect on oxidative stress in operating room personnel. Design and setting: These personnel are exposed to anesthetic and other oxidant agents every day, so, in this study 20 subjects were chosen of operating room personnel with at least one year work history, to drink chamomile tea twice daily, per time 300 ml for 21 days. Inclusion criteria: Working in operating room; Minimum history work one year; range of page 20-50 year Exclusion criteria: Disease such as diabetes and blood pressure. Intervention: Usage of 300 ml chamomile tea for twice in day for 21 days in operating room personnel. Main outcome measures: Thiol groups and antioxidant capacity and catalase enzyme will analyse pre and post study.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2013050113194N1**
Registration date: **2013-07-22, 1392/04/31**
Registration timing: **retrospective**

Last update:
Update count: **0**

**Registration date**

2013-07-22, 1392/04/31

**Registrant information**

**Name**

Akram Ranjbar

**Name of organization / entity**

Hamedan University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 81 1838 0031

**Email address**

a.ranjbar@umsha.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

A grant from Vice Chancellor of Research of Hamadan University of Medical Sciences.

**Expected recruitment start date**

2013-06-22, 1392/04/01

**Expected recruitment end date**

2013-06-22, 1392/04/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The effect of antioxidant properties of chamomile tea

**Public title**

The effect of antioxidant properties of chamomile tea

**Purpose**

Prevention

**Inclusion/Exclusion criteria**

Inclusion criteria: Working in operating room; Minimum history work one year; Range of page 20-50 year
Exclusion criteria: Disease such as diabetes and blood pressure

**Age**

From **20 years** old to **50 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **20**

**Randomization (investigator's opinion)**
N/A
**Randomization description**
**Blinding (investigator's opinion)**
Single blinded
**Blinding description**
**Placebo**
Not used
**Assignment**
Single
**Other design features**
Prevention

## Secondary Ids

### 1

**Registry name**
none
**Secondary trial Id**
none
**Registration date**
empty

### 2

**Registry name**
none
**Secondary trial Id**
none
**Registration date**
empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Ethics Committee Hamadan Unviersity of Medical Sciences
**Street address**
Hamadan University of Medical Sciences, Shahid Fahmide Street, Hamadan, Iran
**City**
Hamadan
**Postal code**
**Approval date**
2013-04-29, 1392/02/09
**Ethics committee reference number**
273

## Health conditions studied

### 1

**Description of health condition studied**
Oxidative stress
**ICD-10 code**
Z00.8
**ICD-10 code description**
Health examination in population surveys

## Primary outcomes

### 1

**Description**
Total antioxidant capacity
**Timepoint**
Previous of intervention and one mounth then intervention
**Method of measurement**
With spectrophotometric

## Secondary outcomes

### 1

**Description**
Total thiol groups
**Timepoint**
Previous of intervention and one mounth then intervention
**Method of measurement**
Umol/ml with spectrophotometric

### 2

**Description**
Catalase activity
**Timepoint**
Previous of intervention and one mounth then intervention
**Method of measurement**
Unite/ml with spectrophotometric

## Intervention groups

### 1

**Description**
Usage of 300 ml chamomile tea for twice in day for 21 days in operating room personnels
**Category**
Prevention

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Beasat Hospital
**Full name of responsible person**
Khoshraftar
**Street address**
Besat Hospital, Besat Street, Hamadan, Iran
**City**
Hamadan

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Vice Chancellor of Research of Hamadan University of Medical Sciences.

**Full name of responsible person**

Heidar Tavilani

**Street address**

Vice Chancellor of Research of Hamadan University of Medical Sciences, Hamadan university of medical Sciences, Shahid Fahmide street, Hamadan, Iran

**City**

Hamadan

**Grant name**

%معاونت پژوهشي دانشگاه1

**Grant code / Reference number**

1%

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

Yes

**Title of funding source**

Vice Chancellor of Research of Hamadan 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**

Student Research Committee, Hamadan University of Medical Sciences

**Full name of responsible person**

Ghazal Sami

**Position**

Medical Student

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

**Contact**

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Assisstant of Professor

**Other areas of specialty/work**

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## Person responsible for updating data

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**Other areas of specialty/work**

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**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*