

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 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 its 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 age 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 age 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 University 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 month then intervention

Method of measurement

With spectrophotometric

Secondary outcomes**1****Description**

Total thiol groups

Timepoint

Previous of intervention and one month then intervention

Method of measurement

Umol/ml with spectrophotometric

2**Description**

Catalase activity

Timepoint

Previous of intervention and one month then intervention

Method of measurement

Uml/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

Beasat Hospital, Beasat 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 دانشگاه 1

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**Street address**

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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