

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the effect of Elimination of sweets and spices on night sweats in children, before-after study.

Protocol summary

Summary

The aim of this study is to evaluate the effectiveness of removal of spices and sweets on reducing night sweats in children. 30 children 18 to 20 months with night sweats, who referred to health centers of Yazd are selected. These children must be healthy and do not have any systemic diseases and drug use. The questionnaires are completed in the first day. The children's parents will be asked to eliminate the sweets and spices from baby food, for two weeks. People who do not comply with the required dietary or may not be willing to cooperate, are excluded. At the end of two weeks, the questionnaires are completed. The severity of night sweats and sleep disturbances are compared before and after the study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014020516432N1**

Registration date: **2014-07-09, 1393/04/18**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-07-09, 1393/04/18

Registrant information

Name

Meysam Reza Boghrati

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 35 1822 4737

Email address

boghrati@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi University of Medical Sciences

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2014-04-21, 1393/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of Elimination of sweets and spices on night sweats in children, before-after study.

Public title

The Efficacy Of Elimination of Sweets and Spices In Reduction Of Night Sweats In Children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Healthy Children 18 To 20 Months; No Systemic Disease; No Congenital Malformations; Not Taking Medication. Exclusion Criteria: Non-Compliance With Diet; Lack Of Cooperation In The Study; Systemic Diseases; Drug Intake For A Week.

Age

From **1 year** old to **1 year** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Sadoughi University of Medical Sciences

Street address

Central Building of University, Bamonar Square, Yazd

City

Yazd

Postal code

Approval date

2014-03-18, 1392/12/27

Ethics committee reference number

257428/1/17/پ

Health conditions studied

1

Description of health condition studied

Night Sweats

ICD-10 code

R61.9

ICD-10 code description

Hyperhidrosis, unspecified Excessive sweating Night sweats

Primary outcomes

1

Description

Night Sweats

Timepoint

The First Day Before The Intervention, Two Weeks After The Intervention

Method of measurement

Night Sweats Questionnaire

Secondary outcomes

1

Description

Sleep Disorders

Timepoint

The First Day Before The Intervention, Two Weeks After The Intervention

Method of measurement

Standard Questionnaire For Sleep Disorders

Intervention groups

1

Description

Remove of Sweets and Spices From Child`s Diet For Two Weeks

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Rahmat Abad Health Center

Full name of responsible person

Dr. Rashidpour

Street address

Rahmat Abad Health Center, Dashti Boulevard, Yazd, Iran

City

Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Full name of responsible person

Dr. Fatemah Ezoddini

Street address

Deputy for research, Central Building of Shahid Sadoughi University of Medical Sciences, Bamonar Square

City

Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Sadoughi 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*

Yazd

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

Shahid Sadoughi University Of Medical Sciences

Full name of responsible person

Meysam Reza Boghrati

Position

Pediatric Resident

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

Shahid Sadoughi Hospital, Reyazi Sq, Safaeye

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City**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*