Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of vitamin D on fatigue and musculo-skeletal pain of female nurses

Protocol summary

Summary

In this study, 200 female nurses working in Shahid Beheshti Hospital with at least one year of experience will be considered during 2014. Subjects with chronic disease, bone fracture and vitamin D supplementation in the past 6 months are excluded. They complete the questionnaires of fatigue and muscle pain and 3 cc of blood is taken from them to measure the levels of vitamin D. Then 50,000 IU of vitamin D will be prescribed weekly for the nurses have blood levels of vitamin D less than 30 ng per mL After 10 weeks, blood levels of vitamin D, fatigue and muscle pain will be measured again. Blood levels of vitamin D, fatigue and muscle pain, before and after the intervention will be compared with each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014041517298N1**
Registration date: **2014-06-22, 1393/04/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-06-22, 1393/04/01

Registrant information

Name

Mahla Madani

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 31 5533 9076

Email address

madani.mahla@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2014-05-31, 1393/03/10

Expected recruitment end date

2014-12-01, 1393/09/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of vitamin D on fatigue and musculo-skeletal pain of female nurses

Public title

Effect of vitamin D on fatigu and musculo-skeletal pain of female nurses

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: female nurses working in Shahid Beheshti Hospital; At least one year of experience in hospital Exclusion criteria: Chronic Diseases; Anemia; Diabetes; Thyroid, parathyroid and coronary heart diseases; Depression; Cancer; Musculoskeletal diseases; Bone fracture and musculoskeletal trauma in the past 6 months; Fracture during the study; Vitamin D supplementation in the past 6 months

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **200**
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
Kashan University of Medical Sciences
Street address
Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran
City
Kashan
Postal code
Approval date
2014-02-23, 1392/12/04
Ethics committee reference number
29/5/1/4817/پ

Health conditions studied

1

Description of health condition studied
Fatigue
ICD-10 code
R53
ICD-10 code description
Malaise and fatigue

2

Description of health condition studied
Musculo-skeletal pain
ICD-10 code
M79.1
ICD-10 code description
Myalgia

Primary outcomes

1

Description
Fatigue
Timepoint
Before and after intervention
Method of measurement
Fatigue scale

2

Description
Musculo-skeletal pain
Timepoint
Before and after intervention
Method of measurement
Nordic questionary

3

Description
Vitamin D level
Timepoint
Before and after intervention
Method of measurement
Blood sample

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Oral vitamin D, 50000 IU weekly for 10 weeks
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Beheshti Hospital
Full name of responsible person
Dr.Mohammad Reza Sharif
Street address
Shahid Beheshti Hospital, Ghotbe Ravandi Blvd, Kashan, Iran
City
Kashan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kashan University of Medical Sciences
Full name of responsible person
Dr. Gholam Ali Hamidi
Street address

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

City

Kashan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

Mahla Madani

Position

MA Nursing

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