

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Investigation on Relation Between Serum Magnesium Level and Severity and Frequency of Attacks of Migraine Headache

Protocol summary

Summary

In this study we examined the effect of magnesium on the severity and frequency of migraine headaches. this study is a clinical trial. In this study, patients were selected on the basis of moderate and severe type of migraine headache and no infection, fever and tension type headaches symptom and data were extracted from check list. The patients were divided randomly into two groups of 50. The first group in addition to the usual migraine medication, magnesium oxide pills was prescribed and vitamin E as a placebo was administered to the control group. Changes in serum magnesium levels and the severity and frequency of migraine headaches, one and three months after the start of the study were evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014091617945N2**

Registration date: **2014-12-24, 1393/10/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-12-24, 1393/10/03

Registrant information

Name

Ghasem Fattahzadeh Ardalani

Name of organization / entity

Ardabil University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 45 1552 2086

Email address

gh.fattahzadeh@arums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ardabil University of Medical Sciences

Expected recruitment start date

2013-09-29, 1392/07/07

Expected recruitment end date

2014-09-01, 1393/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation on Relation Between Serum Magnesium Level and Severity and Frequency of Attacks of Migraine Headache

Public title

Investigation on Relation Between Serum Magnesium Level and Severity and Frequens of Attacks of Migraine Headache

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18-65 years; Moderate to severe pain for 4-72 hours or more. exclusion criteria: Fever or evidence of infection; Headaches; Pregnancy; Diabetes; Blood pressure; Ischemic heart disease and kidney disease.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

N/A

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

Ardabil University of Medical Sciences

Street address

Ardabil, Daneshgah street, Ardabil University of Medical Sciences

City

Ardabil

Postal code

Approval date

2013-09-15, 1392/06/24

Ethics committee reference number

arums.rec.92.23

Health conditions studied

1

Description of health condition studied

Migraine

ICD-10 code

G43

ICD-10 code description

Migraine

Primary outcomes

1

Description

Serum Magnesium levels

Timepoint

During the visit, a visit next month, the first two months

Method of measurement

laboratory

2

Description

frequency of migraine headaches

Timepoint

During the visit, a visit next month, the first two months

Method of measurement

standard check list

3

Description

severity of migraine headaches

Timepoint

During the visit, a visit next month, the first two months

Method of measurement

standard check list

Secondary outcomes

empty

Intervention groups

1

Description

Magnesium oxide tablets 250 mg orally every 12 hours.

Category

Treatment - Drugs

2

Description

Tablets of vitamin E, 100 mg every 12 hours, oral

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Ardabil Alavi hospital

Full name of responsible person

Dr Ghasem Fattahzadeh

Street address

Alavi hospital, Ardabil

City

Ardabil

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Dr Ghasem Fattahzadeh Ardalani

Street address

Ardabil, Daneshgah street, Ardabil University of
Medical Sciences

City

Ardabil

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ardabil 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

Ardabil University of Medical Sciences

Full name of responsible person

Bahare javani

Position

General physician

Other areas of specialty/work

Street address

Ardabil

City

Ardabil

Postal code

Phone

+98 457715351

Fax

Email

bahare_javani2007@yahoo.com

Web page address

**Person responsible for scientific
inquiries**

Contact

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Dr Ghasem Fattahzadeh Ardalani

Position

Assistant Professor

Other areas of specialty/work

Street address

Ardabil, Daneshgah street, Ardabil University of
Medical Sciences

City

Ardabil

Postal code

Phone

+98 457715351

Fax

Email

gh.fattahzadeh@arums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Bahare javani

Position

General Physician

Other areas of specialty/work

Street address

City

Ardabil

Postal code

Phone

+98 45 3371 5351

Fax

Email

bahare_javani2007@yahoo.com

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