

# 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*