

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The Effectiveness of probiotic Yogurt to Control Symptoms Related to Irritable Bowel Syndrome

#### Protocol summary

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#### Summary

This study aimed to determine the effectiveness of probiotics in the control of symptoms associated with IBS. A total of sixty IBS patients fulfilling the Rome II criteria took part in this double blind controlled trial. The patients were recruited among those visiting GI clinic of Ardabil Imam Khomeini hospital. Participants were randomly allocated into the intervention or control groups to receive probiotic or normal yogurt for 4 weeks. Bottles of yoghurt were manufactured, and coded by the diary company. IBS related symptoms; abdominal pain and fecal consistency, were evaluated before the treatment and weeks 2, 4 and 6 after the treatment and were compared between the two groups.

#### Recruitment status

**Recruitment complete**

#### Funding source

Ardabil University of Medical Sciences

#### Expected recruitment start date

2008-04-19, 1387/01/31

#### Expected recruitment end date

2009-04-20, 1388/01/31

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### General information

#### Acronym

#### IRCT registration information

IRCT registration number: **IRCT201008192032N2**

Registration date: **2011-05-09, 1390/02/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

#### Registration date

2011-05-09, 1390/02/19

#### Registrant information

#### Name

Farhad Pourfarzi

#### Name of organization / entity

Ardabil University of Medical Sciences

#### Country

Iran (Islamic Republic of)

#### Phone

+98 45 3325 9011

#### Email address

#### Scientific title

The Effectiveness of probiotic Yogurt to Control Symptoms Related to Irritable Bowel Syndrome

#### Public title

The Effectiveness of probiotic Yogurt to Control Symptoms Related to Irritable Bowel Syndrome

#### Purpose

Prevention

#### Inclusion/Exclusion criteria

Inclusion criteria: Abdominal pain or GI discomfort for at least 3 month in a year and 2 of the following symptoms: Pain relief after defecation, Change in frequency of defecation with the onset of the symptoms, Change in fecal consistency with the onset of the symptoms

Exclusion criteria: Celiac disease

#### Age

No age limit

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

No information

### Sample size

Target sample size: 60

### Randomization (investigator's opinion)

Randomized

### 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 University of Medical Sciences, Ardabil

##### City

Ardabil

##### Postal code

#### Approval date

2008-03-12, 1386/12/22

#### Ethics committee reference number

15386/43

## Health conditions studied

### 1

#### Description of health condition studied

Irritable bowel syndrome

#### ICD-10 code

K58

#### ICD-10 code description

Irritable bowel syndrome

## Primary outcomes

### 1

#### Description

Abdominal pain

#### Timepoint

Before, 2, 4 and 6 weeks after trial

#### Method of measurement

0=NA, 1=mild, 2=moderate, 3=severe

## Secondary outcomes

### 1

#### Description

Fecal consistency

#### Timepoint

Before, 2, 4 and 6 weeks after trial

#### Method of measurement

Normal, solid, Watery, Mucosal

## Intervention groups

### 1

#### Description

Intervention group: Bottles contain 100 gr of probiotic yogurt, twice daily for 4 weeks

#### Category

Treatment - Other

### 2

#### Description

Control group: Bottles contain 100 gr of normal yogurt, twice daily for 4 weeks

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Ardabil Imam Khomeini hospital

##### Full name of responsible person

##### Street address

##### City

Ardabil

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ardabil University of Medical Sciences

##### Full name of responsible person

Dr Mehrdad Mirza Rahimi

##### Street address

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**

Farhad Pourfarzi

**Position**

PhD / Assistant professor

**Other areas of specialty/work**

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**Full name of responsible person**

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**Position**

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**Web page address**

**Person responsible for updating data**

**Contact**

**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*