

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

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Phone

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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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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