Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of nettle(Netonal Barij) on sleep quality in hemodialysis patients

Protocol summary

Summary

This study was an interventional study in a randomized, controlled clinical trial with the aim of effecting nettle (Neonatal Pill) on sleep quality in hemodialysis patients. The statistical population of this study included 90 male and female patients referring to the center of Sari for hemodialysis. The criteria for entering the study include consenting to participate in the research; dialysis treatment at least two times a week, at least 3 months, and 18 years of age and older. Exit criteria also include known psychiatric disorders, diabetes mellitus, urticaria, Myomia or fibroma; menorrhagia; history of gastrointestinal bleeding; mental disorders; heart failure; coronary artery stenosis or myocardial infarction; systolic blood pressure less than 90 mm Hg and substance abuse. Urtica dioica nettle pepper with Netanyon 400 mg brandy. Based on at least 3.1 milligrams of chlorogenic acid in each tablet made from the dried extract of the leaf of the nettle of the nettle plant by Barij Essen, it is used 3 times a day for 3 months in this study.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017081419677N3**
Registration date: **2017-10-30, 1396/08/08**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-10-30, 1396/08/08

Registrant information

Name

Ravanbakhsh Esmaeili

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 3336 7345

Email address

r.esmaeili@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mazandaran University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-04-21, 1397/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of nettle(Netonal Barij) on sleep quality in hemodialysis patients

Public title

The effect of nettle(Netonal Barij) on sleep quality in hemodialysis patients

Purpose

Health service research

Inclusion/Exclusion criteria

The criteria for entering the study include consenting to participate in research, dialysis treatment at least two times a week, at least 3 months, and 18 years of age and older. Exit criteria also include known psychiatric disorders, diabetes mellitus, urticaria ; Myomia; menorrhagia; history of gastrointestinal bleeding; mental disorders; heart failure; coronary artery stenosis or myocardial infarction; systolic blood pressure less than

90 mm Hg and substance abuse

Age

From **18 years** old to **85 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Mazandaran university of Medical sciences

Street address

Mazandaran university of medical science,vice chancellor for resea

City

Sari

Postal code

481613445

Approval date

2017-07-23, 1396/05/01

Ethics committee reference number

IR.Mazums.Rec.966788

Health conditions studied

1

Description of health condition studied

Hemodialysis

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

Quality of Life

Timepoint

end of every month duration 3 month

Method of measurement

pitsburg questionnaire

Secondary outcomes

1

Description

Patients Wellbeing

Timepoint

Every three months

Method of measurement

Questionaire

Intervention groups

1

Description

In the intervention group, nettle tablet

Category

Treatment - Drugs

2

Description

There is no intervention in the control group

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Sari Shahrvand Clinic

Full name of responsible person

Khadige Alizade

Street address

Shahrvand Clinic, Keshavarz Bvld, Sari, Mazandaran

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research Mazandaran University of Medical Sciences

Full name of responsible person

Majid Saeedi(vicor)

Street address

Vice Chancellor for Research Mazandaran University

of Medical Sciences, Moalem Street, Moalem Square, Sari, Iran

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for Research Mazandaran 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

Mazandaran University of Medical Sciences - Faculty of Nursing and Midwifery Nasseibeh

Full name of responsible person

Khadije Alizade

Position

Student of Master of Critical Care Nurses

Other areas of specialty/work

Street address

Nasseibeh Nursing & Midwifery Faculty,vesal Street, Amir Mazandarani Blvd, Sari, Mazandaran

City

Sari

Postal code

4764996893

Phone

+98 11 3325 7230

Fax

Email

Rahaalizade18@outlook.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Ravanbakhsh Esmaeili

Position

Assistant Professor

Other areas of specialty/work

Street address

Nasseibeh Nursing & Midwifery Facultry,Vesal Street, Amir Mazandarani Blvd, Sari, Mazandaran

City

Sari

Postal code

Phone

+98 11 3325 7230

Fax

Email

r.esmaeili@mazums.ac

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

Khadige Alizade

Position

Student of Master of Critical Care Nurses

Other areas of specialty/work

Street address

Nasseibeh Nursing & Midwifery Facultry, Vesal Street, Amir Mazandarani Blvd, Sari, Mazandaran

City

sari

Postal code

4764996893

Phone

+98 11 3527 9717

Fax

Email

Rahaalizade18@outlook.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