

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jul 2026

Evaluating the feasibility and effectiveness of zinc supplementation on height, weight and serum Ferritin amongst children aged 6-24 months in Pishva/Varamin and Damavand

Protocol summary

Summary

purpose: to determine the feasibility and effectiveness of zinc supplementation on height, weight, serum zinc and its interaction with ferritin among 6-24 months old children in Damavand, Pishva and Varamin. Study design: The study was a double-blind field trial with placebo. Study population: 6-24 months old children in Damavand, Varamin and Pishva. Inclusion criteria: age range of 6-24 months; apparently healthy; agreed to participate in the study. Exclusion criteria: severe disease; rejection complementary sample size: 440 persons in both intervention and control groups is determined by random sampling. Intervention: Intervention: after explaining the aims and methods of implementation and signing an agreement, suspension of zinc and placebo given to mothers of children training on how and when to use. In monthly visit children's height and weight were measured. After that mothers receive the suspension of zinc and placebo again. 100 children in each group were randomly selected and sampled for determination of zinc and ferritin at the beginning and end of the intervention. food intake of children who participated in the serology part checked by using dietary recall questionnaire which completed by trained nutritionists with mothers or child care provider. Intervention time: 6 months out.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014111519951N1**

Registration date: **2015-02-12, 1393/11/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-02-12, 1393/11/23

Registrant information

Name

Morteza Abdollahi

Name of organization / entity

National Nutrition And Food Technology Research Institute

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Nutrition Department of Ministry of Health and Medical Education, UNICEF, National Nutrition and Food Technology Research Institute

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the feasibility and effectiveness of zinc supplementation on height, weight and serum Ferritin amongst children aged 6-24 months in Pishva/Varamin and Damavand

Public title

Efficacy of zinc supplementation among 6 months to 2 years old children on height and prevention of infectious diseases

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria: age range 6-24 months; apparently healthy; agreement for participate in the study exclusion criteria: with severe disease; rejection of the supplement

Age

From **6 months** old to **1 year** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **880**

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**

Ethics Committee of National Nutrition and Food Technology Research Institute

Street address

No.7, West Arghavan st., Farahzadi Blvd., Qarb, Tehran-Iran

City

Tehran

Postal code

1981618573

Approval date

2014-10-07, 1393/07/15

Ethics committee reference number

053576

Health conditions studied**1****Description of health condition studied**

zinc deficiency

ICD-10 code

E60

ICD-10 code description

Dietary zinc deficiency

Primary outcomes**1****Description**

zinc level

Timepoint

at beginning and end of the intervention

Method of measurement

in percentage of mg in taken blood sample

2**Description**

ferritin level

Timepoint

at beginning and end of the intervention

Method of measurement

in percentage of mg in taken blood sample

Secondary outcomes**1****Description**

Height

Timepoint

monthly from beginning to end of the intervention

Method of measurement

in Cm measured by stadiometer

2**Description**

Weight

Timepoint

monthly from beginning to end of the intervention

Method of measurement

In Kg measured by special weighing scale

Intervention groups**1****Description**

zinc sulfate suspension 60 ML.

Category

Treatment - Drugs

2**Description**

placebo suspension 60 ML

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Covered Population of Ministry of Health Shahid Beheshti University of Medical Science

Full name of responsible person

Fereshteh Fozouni

Street address

Ministry of Health Shahid Beheshti University of Medical Science, Former Building, Intersection between Jomhuri, Hafez, Hafez St.

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Nutrition Department of Ministry of Health and Medical Education

Full name of responsible person

Dr.Frouzan Salehi

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Headquarters Building, Eivanak Blvd., Farahzadi Blvd., Qarb, Tehran-Iran

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Nutrition Department of Ministry of Health and Medical Education

Proportion provided by this source**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

2

Sponsor

Name of organization / entity

Unicef

Full name of responsible person

Amirhossein Yarpavar

Street address

No.7, Nezami St., Qoba St., Shariati St

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Teharan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Unicef

Proportion provided by this source**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

3

Sponsor

Name of organization / entity

National Nutrition And Food Technology Research Institute

Full name of responsible person

Dr.Morteza Abdollahi

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

National Nutrition And Food Technology Research Institute

Proportion provided by this source**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

Faculty Of Nutrition Science And Food Technology Shahid Beheshti University Of Medical Sciences

Full name of responsible person

Dr.Morteza Abdollahi

Position

PHD

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bachelor's degree

Other areas of specialty/work

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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