Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Zinc supplement effects on growth of 6-24 months old infants in Bushehr

Protocol summary

Summary

The objective of this study was to determine the effect of zinc sulfate supplement on growth of 6-24 months old infants in Bushehr. In a randomized trial, 241 infants from 6 to 24 months old who was referred to urban health centers were selected as the subjects of this study. Children should not have organic diseases. These children were randomly divided into study and control groups. The study group received daily dose of 5 cc liquid zinc sulfate containing 5 mg elemental zinc for six months in addition to ferrous sulfate drops and multi vitamins as routine. The control group received only ferrous sulfate drops and multivitamins. Birth weight and height were measured and recorded every month during the experiment and three months after completion of the trial. Rate of respiratory and gastrointestinal diseases were also compared between two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138805052241N1**
Registration date: **2009-09-03, 1388/06/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2009-09-03, 1388/06/12

Registrant information

Name

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Name of organization / entity

Bushehr University of Medical Science & Health Services

Country

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Recruitment status

Recruitment complete

Funding source

Bushehr University of Medical Sciences, management of research affairs

Expected recruitment start date

2006-04-04, 1385/01/15

Expected recruitment end date

2007-01-05, 1385/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Zinc supplement effects on growth of 6-24 months old infants in Bushehr

Public title

Zinc Supplement Effects on Growth of 6-24 Months Old Infants in Bushehr

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Breastfed child, age 6-24 months old
Exclusion criteria: Consumption of formula, presence of any organic diseases

Age

From **6 years** old to **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **241**
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
Bushehr University of Medical Sciences and Health Services
Street address
University of Medical Sciences and Health Services, Moallem St.
City
Bushehr
Postal code
7513614753
Approval date
2006-02-28, 1384/12/09
Ethics committee reference number
20/18/3/9129/دپ

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
height
Timepoint
monthly
Method of measurement
height in flat position in centimeter

2

Description
weight
Timepoint
monthly
Method of measurement
by seca balance in grams

Secondary outcomes

1

Description
Rate of respiratoy infection
Timepoint
monthly
Method of measurement
Medical history

2

Description
Rate of gastrointestinal infection
Timepoint
monthly
Method of measurement
Medical history

Intervention groups

1

Description
5 mg zinc sulfate syrup daily for 6 months
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Haft Tir health center
Full name of responsible person
health workers & researchers
Street address
Bushehr University of Medical Sciences and Health Servises, Moalem street
City
Bushehr

2

Recruitment center
Name of recruitment center
Khaybar health center
Full name of responsible person
Health workers & researchers
Street address
Bushehr University of Medical Sciences and Health

Servises, Moalem street
City
Bushehr

3

Recruitment center
Name of recruitment center
Shohada health center
Full name of responsible person
Health workers & researchers
Street address
Bushehr University of Medical Sciences and Health Servises, Moalem street
City
Bushehr

4

Recruitment center
Name of recruitment center
Nabi Akram health center
Full name of responsible person
Health workers & researchers
Street address
Bushehr University of Medical Sciences and Health Servises, Moalem street
City
Bushehr

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bushehr University of Medical Sciences and Health Servises, Management of Research Affairs
Full name of responsible person
Dr. Keivan Zandy
Street address
Bushehr University of Medical Sciences and Health Servises, Moallem St.
City
Bushehr
Grant name
124009
Grant code / Reference number
10506
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Bushehr University of Medical Sciences and Health Servises, Management of Research Affairs
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
Bushehr University of Medical Sciences and Health Services
Full name of responsible person
Sherafat Akabarian
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MSc/Faculty Member
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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