

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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

Sherafat Akaberian

##### Name of organization / entity

Bushehr University of Medical Science & Health Services

##### Country

Iran (Islamic Republic of)

##### Phone

+98 77 1252 8498

##### Email address

sh.akabarian@bpums.ac.ir

##### 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/پد

## 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 respiratory 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 Services, 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

**Position**

MSc/Faculty Member

**Other areas of specialty/work**

**Street address**

Bushehr University of Medical Sciences, Moalem  
street

**City**

Bushehr

**Postal code**

7513614753

**Phone**

+98 77 1252 8498

**Fax**

+98 77 1252 8498

**Email**

sh.akabarian@bpums.ac.ir

**Web page address**

www.bpums.ac.ir/daneshkade\_parastari/

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Bushehr University of Medical Sciences

**Full name of responsible person**

Sherafat Akabarian

**Position**

MSc/Faculty Member

**Other areas of specialty/work**

**Street address**

Moalem street-University of Medical Sciences

**City**

Bushehr

**Postal code**

7513614753

**Phone**

+98 77 1252 8498

**Fax**

+98 77 1252 8498

**Email**

sh.akabarian@bpums.ac.ir

**Web page address**

www.bpums.ac.ir/daneshkade\_parastary/

**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*