

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 2026

### Evaluating thyme extract effect on clinical symptoms of children with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences

#### Protocol summary

##### Study aim

Determining the effect of thyme extract on the clinical symptoms of children with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences.

##### Design

A community-based, practice-oriented, parallel-group, , randomized controlled clinical trial

##### Settings and conduct

This study is carried out in the children's department of Taleghani Hospital. This study will be conducted in a double-blind manner, and patients and treatment nurses will be blinded to the type and allocation of interventions. The method of blinding will be the uniformity of shape, size, color and taste in the study group.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: children aged 6 to 12 years old with allergic rhinitis referred to allergy clinics of Urmia University of Medical Sciences. Failure to enter: children should receive other medicine for treatment, except for thyme and Mumtazoon intranasal spray; Children whose rhinitis is caused by non-allergic causes, as well as children who experience moderate to severe drug symptoms and complications during the intervention; And also children with other systemic diseases such as sinusitis and vauititis

##### Intervention groups

Intervention group: 10 cc of oral thyme extract daily for 2 months. Control group: Nasal spray Mometasone.

##### Main outcome variables

Reduction of hospital stay

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20150426021944N3**

Registration date: **2023-03-19, 1401/12/28**

Registration timing: **prospective**

Last update: **2023-03-19, 1401/12/28**

Update count: **0**

##### Registration date

2023-03-19, 1401/12/28

##### Registrant information

###### Name

Hamidreza Houshmand

###### Name of organization / entity

Shiraz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 3231 7288

###### Email address

hamidreza.houshmd@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-04-21, 1402/02/01

##### Expected recruitment end date

2023-09-06, 1402/06/15

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluating thyme extract effect on clinical symptoms of children with allergic rhinitis referred to allergy clinics of

Urmia University of Medical Sciences

**Public title**

Evaluating thyme extract effect on clinical symptoms of children with allergic

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age lower than 12 years old The use of thyme medicine and intranasal spray are excellent

**Exclusion criteria:**

Not using thyme medicine and Mumtazoon intranasal spray Patients with non-allergic rhinitis Children with moderate to severe drug side effects Children suffering from other systemic diseases such as sinusitis and vauititis

**Age**

From **6 years** old to **12 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **42**

More than 1 sample in each individual

Number of samples in each individual: **1**

A child aged 6 to 12 with allergic rhinitis

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Based on the 4 block method, people will be randomly divided into two equal groups

**Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Not used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Ethics Committee of Urmia University of Medical Sciences, West Azerbaijan

**Street address**

Vice President of Research and Technology Development, West Azarbaijan University of Medical Sciences and Medical Services, Urmia, Jihad St

**City**

Urmia

**Province**

West Azarbaijan

**Postal code**

5715799313

**Approval date**

2022-12-27, 1401/10/06

**Ethics committee reference number**

IR.UMSU.REC.1401.353

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

Allergic rhinitis

**ICD-10 code**

J30.8

**ICD-10 code description**

Other allergic rhinitis

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

Duration of hospitalization

**Timepoint**

Duration of treatment

**Method of measurement**

Length of hospitalization

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

Medical allergy

**Timepoint**

Duration of treatment

**Method of measurement**

Clinical observations

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

Intervention group: Thyme extract orally at a dose of 10 cc per day for 60 days

**Category**

Treatment - Drugs

**2****Description**

Control group: Nasal spray Mometasone every 12 hours as standard treatment Intervention group: 10 cc thyme extract daily in addition to standard treatment

**Category**

Treatment - Drugs

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Motahhari Hospital, Urmia

**Full name of responsible person**

Dr. Soheila Sadeghpour

**Street address**

Kashani street

**City**

Orumieh

**Province**

West Azarbaijan

**Postal code**

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**Phone**

+98 44 3344 4592

**Email**

itc@umsu.ac.ir

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Dr. Hamidreza Houshmand

**Street address**

Kashani street

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**Province**

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**Postal code**

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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**

Oroumia University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

Academic

## Person responsible for general inquiries

### Contact

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Dr. Sohila Sadeghpour

**Position**

Specialist assistant in children's diseases

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Pediatrics

**Street address**

Kashani

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soheilasadeghpourazar@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Dr. Hamid Reza Houshmand

**Position**

Associate Professor

**Latest degree**

Subspecialist

**Other areas of specialty/work**

Pediatrics

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Oroumia University of Medical Sciences

**Full name of responsible person**

Dr. Sohila Sadeghpour

**Position**

Specialist assistant in children's diseases

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Pediatrics

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**Email**

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**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

No - There is not a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

No - There is not a plan to make this available