

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Evaluation of Garlic capsule efficacy for reduction of preeclampsia risk among high-risk pregnant Turkmen women

Protocol summary

Summary

The aim of this study is prevention of preeclampsia, that threatening the life of mother and fetus. This intervention study will be performed as a Double-Blind Randomized Clinical Trial among human subjects. Primigravid Pregnant women in third trimester will be randomly assigned to receive either garlic capsule or placebo capsules (each group 28 subjects). The study outcome, including preeclampsia and drug adverse effects, would be compared across the groups. Physician and Pregnant women are blind about the prescribed capsule. Inclusion criteria are first pregnancy, Turkmen ethnicity, being high-risk for preeclampsia (those with self/family history of preeclampsia), presence of chronic hypertension, lack of hypersensitivity to garlic, and signing the informed consent form. For resolving the problem of cases lost to follow-up, 10% higher than calculated sample population would be enrolled.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015053122490N1**

Registration date: **2015-09-04, 1394/06/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-04, 1394/06/13

Registrant information

Name

Shohreh Vosoogh

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 3225 1910

Email address

dr.vosoogh@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Pharmaceutical Sciences

Expected recruitment start date

2015-02-19, 1393/11/30

Expected recruitment end date

2015-04-20, 1394/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of Garlic capsule efficacy for reduction of preeclampsia risk among high-risk pregnant Turkmen women

Public title

the Effects of Garlic capsules in prevention of preeclampsia in pregnant Turkmen women

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: first pregnancy, Turkmen ethnicity, being those with self or family history of preeclampsia, presence of chronic hypertension, and signing the informed consent form exclusion criteria: hypersensitivity to garlic, Lack of consent to participate in the study

Age

From **18 years** old to **35 years** old

Gender

Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 28

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 Islamic Azad University,
Pharmaceutical Sciences Branch

Street address
No 99, Yasaman Street, Shariati Street

City
Tehran

Postal code

Approval date
2014-12-16, 1393/09/25

Ethics committee reference number
13372

Health conditions studied

1

Description of health condition studied
preeclampsia

ICD-10 code
o10.0, o14

ICD-10 code description
Pre-existing essential hypertension complicating pregnancy, childbirth and the puerperium, moderate pre-eclampsia, severe pre-eclampsia

Primary outcomes

1

Description
blood pressure

Timepoint

at 28 week, at 32 week, at 36 week

Method of measurement
The use of mercury blood pressure device

Secondary outcomes

empty

Intervention groups

1

Description
therapeutic intervention with drug(garlic capsule) ,with dose of 800mg, once a day, for 2 month (from the 28th up to 36th week of pregnancy period)

Category
Treatment - Drugs

2

Description
therapeutic intervention with placebo, pharmaceutical starch with dose of 800mg, once a day, for 2 month(from the 28th up to 36th week of pregnancy period)

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Health Centers In Golestan Province

Full name of responsible person
Shohreh Vosoogh

Street address
Sayad Shirazi Hospital, Sayad Shirazi Street

City
Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research of Islamic Azad University, Pharmaceutical Sciences Branch

Full name of responsible person
Sepideh Arbabi Bid Goli

Street address
No99, Yasaman Street, Shariati Street

City
Tehran

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 of Islamic Azad University,
Pharmaceutical Sciences Branch

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

Golestan University of Medical Sciences

Full name of responsible person

Shohreh Vosoogh

Position

Fellowship Perinatology/Assistant Professor

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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Branch

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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