Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 2026

Comparative assessment the effect of Golghand and Psyllium on constipation in elderly referred to Traditional Medicine School Clinic of Ardakan affiliated to Yazd University of Medical Sciences, 2016

Protocol summary

Summary

The aim of this study is to compare the effect of two products, namely, Psyllium and Golghand on the constipation of elder patients who are referred to Traditional Medicine School Clinic of Ardakan. The research population includes the old people (above 60 years) who are suffering from constipation based on ROME III reference and referred to Traditional Medicine School Clinic of Ardakan . These people are recognized based on at least two terms of the ROME III questioning form. The sample size is 35 that is chosen based on the previous studies. The patients under study are assigned into two groups using the Minimization stratification method. Each group receives a certain amount of the products, Psyllium or Golghand. Each group is asked to write a daily report of their bowel movements (defecation, bloating, abdominal pain, vomiting). The data collected weekly by a researcher for a period of two weeks.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012423190N2**
Registration date: **2016-03-07, 1394/12/17**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-07, 1394/12/17

Registrant information

Name

Tabandeh Sadeghi

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 34 3425 5900

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Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2016-02-29, 1394/12/10

Expected recruitment end date

2016-07-31, 1395/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative assessment the effect of Golghand and Psyllium on constipation in elderly referred to Traditional Medicine School Clinic of Ardakan affiliated to Yazd University of Medical Sciences, 2016

Public title

Comparison the effect of Golghand and Psyllium on constipation in elderly

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: minimum age will be sixty years old; diagnosis constipation according to ROME III criteria; consent for participation in study. Exclusion Criteria: no ability for movement and activity; addiction; metabolic

disorders such ac diabetes; consumption of specific drug; consumption of drug for psychiatric disorders; no consumption of drugs according to schedul(forget consumption for 4 time in week); treatment for constipation 2week before study; syptoms of gastroenteritis(nasea,vomiting,diarrehea); reluctance for cooperation.

Age
From **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Rafsanjan University of Medical Sciences

Street address
Emam Ali Street, Organization Center of Rafsanajn University of Medical Sciences, Rafsanjan, Iran.

City
Rafsanjan

Postal code

Approval date
2016-01-23, 1394/11/03

Ethics committee reference number
IR.RUMS.REC.1394.177

Health conditions studied

1

Description of health condition studied
Constipation

ICD-10 code
k59.0

ICD-10 code description
Constipation

Primary outcomes

1

Description
number of defecation per week

Timepoint
before intervention, during intervention and 2 week after intervention

Method of measurement
bowel habities check list

Secondary outcomes

1

Description
Abdominal bloating

Timepoint
before intervention, during intervention and 2 week after intervention

Method of measurement
Bowel habities check list

2

Description
Vomiting

Timepoint
before intervention, during intervention and 2 week after intervention

Method of measurement
Bowel habities check list

3

Description
Abdominal Pain

Timepoint
before intervention, during intervention and 2 week after intervention

Method of measurement
Bowel habities check list

Intervention groups

1

Description
Goleghand group: receive one spoon of Goleghand 3 times a day half hour after meals for 2 weeks

Category
Treatment - Drugs

2

Description
Psyllium group: receive a sachet of Psyllium plant powder with a glass of water 3 times a day after meals for 2 weeks

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Traditional Medicine School Clinic of Ardakan affiliated to Yazd University of Medical Sciences
Full name of responsible person
Asieh Hatefi
Street address
Ziaee Hospital- Ardakan
City
Ardakan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Rafsanjan University of Medical Sciences
Full name of responsible person
Mohammad Reza Mirzaee
Street address
Emam Ali Street, Organization Center of Rafsanjan University of Medical Sciences, Rafsanjan, Iran.
City
Rafsanjan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rafsanjan University of Medical Sciences
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
Rafsanjan University of Medical Sciences
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Position
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Web page address

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