

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 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)

Phone

+98 34 3425 5900

Email address

t.sadeghi@rums.ac.ir

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 as diabetes; consumption of specific drug; consumption of drug for psychiatric disorders; no consumption of drugs according to schedule (forget consumption for 4 times in week); treatment for constipation 2 weeks before study; symptoms of gastroenteritis (nausea, vomiting, diarrhea); 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 Rafsanjan 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 weeks after intervention

Method of measurement

bowel habits check list

Secondary outcomes

1

Description

Abdominal bloating

Timepoint

before intervention, during intervention and 2 weeks after intervention

Method of measurement

Bowel habits check list

2

Description

Vomiting

Timepoint

before intervention, during intervention and 2 weeks after intervention

Method of measurement

Bowel habits check list

3

Description

Abdominal Pain

Timepoint

before intervention, during intervention and 2 weeks after intervention

Method of measurement

Bowel habits 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

Full name of responsible person

Tabandeh Sadeghi

Position

PhD/ faculty member

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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