

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Effect of planned lighting on weight gain and length of stay of preterm infants

Protocol summary

Summary

This study is an experimental study to determine the impact of the planned lighting on the weight gain and length of stay in preterm infants admitted to the neonatal intensive care unit in Mofid children's Hospital will be done. Inclusion criteria: respiratory distress syndrome or apnea of prematurity; lack of physical abnormalities and exclusion criteria: jaundice, need for surgery; requiring a long period of continuous lighting for treatment interventions; infants who died before discharge. The study population included all preterm infants 30 to 37 weeks with birth weight of 1500 to 2500 admitted to Mofid children's Hospital. The sample size in this study is 66 preterm infants. From 7 am to 7 pm infants in the intervention group will receive usual light and from 7 pm to 7 Am brightness is reduced by putting dimming cover of light on the head. When intervention group were incubated and did not need respiratory support, in order to avoid disrupting the air flow, the incubator was pulled by cotton cloth. This intervention will maintain until discharge. While at all hours of the day the control group will receive usual light in NICU.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016073129141N1**

Registration date: **2016-09-13, 1395/06/23**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-13, 1395/06/23

Registrant information

Name

Elahe Aghaziarati Farahani

Name of organization / entity

Shahid Beheshti University of Medical Sciences and Health Services. School of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

ela.farahani@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

investigator

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-11-21, 1395/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of planned lighting on weight gain and length of stay of preterm infants

Public title

Effect of planned lighting on weight gain and length of stay of infant

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 30-37 weeks' gestation; Birth weight between 1500-2500; Apgar score equal or more than 7; neonates suffered from respiratory distress syndrome or apnea of prematurity; Lack of life-threatening problem; lack of physical abnormalities. exclusion criteria:

jaundice, need for surgery; requiring a long period of continuous lighting for treatment interventions; infants who died before discharge.

Age

To **1 year** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

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

University of Medical Sciences and Health Services
Shahid Beheshti

Street address

next Shahid Ayatollah Taleghani Hospital, Arab street,
Street Yemen, Shahid Chamran Highway, Tehran

City

Tehran

Postal code

1985717443

Approval date

2016-04-20, 1395/02/01

Ethics committee reference number

IR.SBMU.RAM.REC.1394.606

Health conditions studied

1

Description of health condition studied

Preterm infant

ICD-10 code

p07.3

ICD-10 code description

28 completed weeks or more but less than 37 completed weeks (196 completed days but less than 259 completed days) of gestation

Primary outcomes

1

Description

planned lighting

Timepoint

after intervention

Method of measurement

profile

Secondary outcomes

1

Description

weight gain

Timepoint

Since the infant hospitalization in NICU until discharge

Method of measurement

Baby Weighing Scale

2

Description

length of stay

Timepoint

Since the infant hospitalization in NICU until discharge

Method of measurement

number of days

Intervention groups

1

Description

From 7 am to 7 pm infants in the intervention group will receive usual light and from 7 pm to 7 Am brightness is reduced by putting dimming cover of light on the head. When intervention group were incubated and did not need respiratory support, in order to avoid disrupting the air flow, the incubator was pulled by cotton cloth. This intervention will maintain until discharge

Category

N/A

2

Description

at all hours of the day the control group will receive usual light in NICU.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mofid children's Hospital

Full name of responsible person

Manighe Nourian
Street address
Mofid Childrens Hospital, Shariati Ave, Tehran, Iran
City
Tehran

Email
sbnmf@sbmu.ac.ir
Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
-
Full name of responsible person
-
Street address
-
City
-
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
-
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
Shahid Beheshti University of Medical Sciences and Health Services, School of Nursing and Midwifery
Full name of responsible person
Elahe Aghaziarati Farahani
Position
Master student
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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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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