

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of zinc supplementation on the improvement of gastroesophageal reflux symptoms in patients referred to gastroenterology clinic

Protocol summary

Summary

Effect of zinc supplementation on the improvement of gastroesophageal reflux symptoms in patients who referred to gastroenterology clinic of Razi hospital and include based on history, physical exams and frequency scale for the symptoms of reflux questionnaire are diagnosed gastroesophageal reflux disease. Exclusion criteria: Age below 18 years old; pregnant; history of peptic ulcers; patients who have undergone abdominal surgery for any reason. This study is double blind experimental clinical trials. One hundred fifty patients based on endoscopy divided to two groups erosive reflux disease and non erosive reflux disease, then patients would be divided case and control with random block. For all case and control groups would be completed reflux diagnosis questionnaire with 15 questions. All patients treated with pantoprazole 40 mg daily for 2 months, zinc sulfate capsule 220 milligram for case group and placebo for control group would be administered. After treatment, reflux detection questionnaire would be completed for all patients again.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201305281155N16**

Registration date: **2014-09-02, 1393/06/11**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-09-02, 1393/06/11

Registrant information

Name

Farahnaz Joukar

Name of organization / entity

Guilan University of Medical Sciences,
Gastrointestinal and liver disease Research Center

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Gastrointestinal and liver disease research center of
Guilan university of medical sciences

Expected recruitment start date

2013-12-30, 1392/10/09

Expected recruitment end date

2014-12-30, 1393/10/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of zinc supplementation on the improvement of
gastroesophageal reflux symptoms in patients referred
to gastroenterology clinic

Public title

Effect of zinc supplementation on the improvement of
gastroesophageal reflux symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The patients who referred to
gastroenterology clinic and based on history, physical
exams and frequency scale for the symptoms of
gastroesophageal reflux disease questionnaire are

diagnosed gastroesophageal reflux disease. Exclusion criteria: Age below 18 years old; pregnant; history of peptic ulcers; patients who have undergone abdominal surgery for any reason

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **140**

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

Gastrointestinal and liver Disease Research Center

Street address

Sardar Jangale street -Razi hospital-Gastrointestinal and liver Diseases Research Center

City

Rasht

Postal code

41448-95655

Approval date

2013-12-22, 1392/10/01

Ethics committee reference number

sh-175

Health conditions studied

1

Description of health condition studied

Gastroesophageal reflux disease

ICD-10 code

k21

ICD-10 code description

Gastroesophageal reflux disease

Primary outcomes

1

Description

Gastroesophageal reflux disease treatment

Timepoint

3 months

Method of measurement

Frequency scale for the symptoms of gastroesophageal reflux disease questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group take tab pantoprazole 40 miligram one number daily, cap zinc sulfate 220 miligram one number daily during two months

Category

Treatment - Drugs

2

Description

Control group take tab pantoprazole 40 miligram one number daily, cap zinc placebo one number daily during two months

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Gastrointestinal and liver disease research center

Full name of responsible person

Farahnaz Joukar

Street address

Sardar Jangle Ave-Razi hospital-Gastrointestinal and liver disease research center

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University Medical sciences, gastrointestinal and liver disease research center

Full name of responsible person

Farahnaz Joukar

Street address

Sardar jangle Ave, Razi hospital, gastrointestinal and liver disease research center

City

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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

Guilan University Medical sciences, gastrointestinal and liver disease research center

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**

Gastrointestinal and liver disease research center

Full name of responsible person

Farahnaz Joukar

Position

Assistant professor of gastrointestinal and liver disease research center

Other areas of specialty/work**Street address**

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Full name of responsible person

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Head, Full Professor of Internal Medicine & Gastroenterology

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Full name of responsible person

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Position

General Physician

Other areas of specialty/work**Street address**

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bmaryamb@yahoo.com

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