

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jun 2026

Investigation the effect of vitamin D supplement on airway function in mild to moderate asthma with vitamin D deficiency in 2016-2017

Protocol summary

Summary

This is a randomized clinical trial aimed to investigate the effect of vitamin D supplement on airway function in mild and moderate asthma with vitamin D deficiency on 40 patients referring pulmonology clinic of Ali Ebne Abi Taleb hospital in Zahedan. Inclusion criteria are age of 15-50 years, having mild or moderate asthma, having a vitamin D level less than 30 ng/ml and exclusion criteria are having a chronic obstructive pulmonary disease, using vitamin D supplement, having renal or hepatic failure, pregnancy or lactation and treatment with anti-epileptic drugs. In asthmatic patients referring the clinic, vitamin D level will be measured and those with a level less than 30 ng/ml will be included in the study. After including 40 patients in the study, they will be randomly divided into two equal groups, vitamin D receivers and placebo group. Patients in both groups will receive their asthma controlling drugs and vitamin D group will receive oral vitamin D supplement 50000 I/U per week for 8 weeks and placebo group will receive a placebo. All the patients will be followed for 24 weeks and will be assessed for asthma attack, conversion to severe asthma and emergency visits and finally, the data will be compared together.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016112731129N1**
Registration date: **2017-02-19, 1395/12/01**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-02-19, 1395/12/01

Registrant information

Name

Ahmad Ghoba

Name of organization / entity

Zahedan University of Medical Sciences

Country

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+98 54 3329 5715

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Recruitment status

Recruitment complete

Funding source

Zahedan University of Medical Sciences

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-05-22, 1396/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigation the effect of vitamin D supplement on airway function in mild to moderate asthma with vitamin D deficiency in 2016-2017

Public title

The effect of vitamin D supplement on airway function in asthma

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age of 15-50 years; having mild or moderate asthma; having a vitamin D level less than 30 ng/ml. Exclusion criteria: having a chronic obstructive

pulmonary disease; using vitamin D supplement; having renal or hepatic failure; pregnancy or lactation; treatment with anti-epileptic drugs.

Age

From **15 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zahedan University of Medical Sciences

Street address

Zahedan University of Medical Sciences and Health Services campus, Khalije Fars Blv, Doctor Hesabi Sq, Zahedan

City

Zahedan

Postal code

Approval date

2016-07-17, 1395/04/27

Ethics committee reference number

IR.ZAUMS.REC.1395. 138

Health conditions studied

1

Description of health condition studied

Asthma

ICD-10 code

J45

ICD-10 code description

Asthma

Primary outcomes

1

Description

asthma attack and conversion to severe asthma

Timepoint

1 monthly

Method of measurement

visiting by the study author

Secondary outcomes

empty

Intervention groups

1

Description

Vitamin D group: oral vitamin D supplement 50000 I/U per week for 8 weeks

Category

Treatment - Drugs

2

Description

Placebo group: placebo, oral tablet, once a week for 8 weeks.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali ebne Abi Taleb Hospital

Full name of responsible person

Ahmad Ghoba

Street address

Khalije Fars Blv, Zahedan

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

Hoshang Rafighdoost

Street address

Deputy of research and technology, Zahedan

University of Medical Sciences campus, Jannat Blv, Zahedan

City

Zahedan

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Zahedan 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

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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