

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Assessment of the effect of omega-3 consumption on the treatment of psoriasis

Protocol summary

Kurdistan University of Medical Sciences

Summary

The objective of this study was evaluation of the effect of "steroid with omega3" and "steroid" on the treatment of psoriasis. The study encompasses all patients with psoriasis referring to the Besat Hospital of Sanandaj in 2008. Study sample included 70 patients that were divided into intervention and control groups based on randomized blocking method. Two groups were compared for response to treatment 3 weeks after treatment.

Expected recruitment start date

2008-03-19, 1386/12/29

Expected recruitment end date

2009-03-20, 1387/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Scientific title

Assessment of the effect of omega-3 consumption on the treatment of psoriasis

Acronym

Public title

The relation between fish oil consumption and treatment of psoriasis

IRCT registration information

IRCT registration number: **IRCT138903162840N2**

Registration date: **2010-06-24, 1389/04/03**

Registration timing: **retrospective**

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with psoriasis diagnosis.

Exclusion criteria: history of metabolic diseases, Cushing's disease, AIDS disease, sever psoriasis, pregnancy, lactation, present history of other drugs consumption.

Last update:

Update count: **0**

Registration date

2010-06-24, 1389/04/03

Registrant information

Name

Roksana Yaghmaee

Name of organization / entity

Kurdistan university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 87 1328 5910

Email address

ryaghmaee@muk.ac.ir

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Recruitment status

Recruitment complete

Funding source

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethical Review Committee of Kurdistan University of Medical Sciences

Street address

Kurdistan University of Medical Sciences, Pasdaran St.

City

Sanandaj

Postal code

Approval date

empty

Ethics committee reference number

9045پ14پ

Health conditions studied

1

Description of health condition studied

psoriasis

ICD-10 code

L40.0

ICD-10 code description

Psoriasis vulgaris

Primary outcomes

1

Description

redness, itching and exfoliation of the lesions

Timepoint

1 month

Method of measurement

observation

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: topical steroid 2 times/day for one month and omega3 drug 2 times/day for one month

Category

Treatment - Drugs

2

Description

Control group: topical steroid 2 times/day for one month

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat hospital

Full name of responsible person

Street address

Keshavarz St.

City

Sanandaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kurdistan University of Medical Sciences

Full name of responsible person

Dr. Ataollah Haydari

Street address

Pasdaran St.

City

Sanandaj

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kurdistan 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

Kurdistan University of Medical Sciences

Full name of responsible person

Dr. Roksana Yaghmaee

Position

Dermatologist, Assistant professor of dermatology department

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

Dermatology clinic, Besat Hospital, Keshavarz St.

City

Sanandaj

Postal code**Phone**

+98 87 1328 5913

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ryaghmaee@muk.ac.ir

Web page address**Fax****Email**

ryaghmaee@muk.ac.ir

Web page address**Person responsible for updating data****Contact****Name of organization / entity****Full name of responsible person**

Dr. Roksana Yaghmaee

Position**Other areas of specialty/work****Street address****City****Postal code****Phone****Fax****Email****Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kurdistan University of Medical Sciences

Full name of responsible person

Dr. Roksana Yaghmaee

Position

Dermatologist

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

Dermatology clinic , Besat Hospital, Keshavarz St.

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Sanandaj

Postal code**Phone**

+98 87 1328 5913

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