

# 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

**Fax****Email**

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.

**City**

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*