

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Effects of dough consumption on sleep disorders among student who living in female dormitories of Ahvaz Jundishapour University of Medical Sciences

Protocol summary

Study aim

This study aims to investigate the effect of doogh as an accessible dairy product on improving students' sleep conditions.

Design

Two arm parallel group randomised controlled trial, with 20 subjects in each two groups

Settings and conduct

Researcher, questioner and who that analyst data will be blinded from subjects allocation in each intervention or control group

Participants/Inclusion and exclusion criteria

The main inclusion criteria: female, single, age between 18 and 30 years with no using anti-depressants.

Exclusion criteria: lack of proper and regular use of doogh and water

Intervention groups

Intervention group: Doogh, 250 milliliter one hour before sleep
Control group: Water, 250 milliliter one hour before sleep

Main outcome variables

Sleep quality
Sleep length at night

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170919036274N2**

Registration date: **2018-06-03, 1397/03/13**

Registration timing: **registered_while_recruiting**

Last update: **2018-06-03, 1397/03/13**

Update count: **0**

Registration date

2018-06-03, 1397/03/13

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 1373 8317

Email address

rajabi.m@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-07, 1396/07/15

Expected recruitment end date

2018-06-05, 1397/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of dough consumption on sleep disorders among student who living in female dormitories of Ahvaz Jundishapour University of Medical Sciences

Public title

Effect of doogh on improving sleep disorder

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

females between the age of 18 to 30 years University Students With no using anti-depressants With no mental disorders

Exclusion criteria:

incomplete questionnaire lack of proper and regular use of doogh and water

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Method of randomization: Simple Unit of randomization: Individual Tools used in randomization: Table of random number

Blinding (investigator's opinion)

Not blinded

Blinding description

Researcher, questioner, and data analyst, remain ineligible for each participant in the intervention or control group, until the end of the analysis of the results,

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

The Ethics Committee of Ahvaz Jundishapur University of Medical Sciences

Street address

Ahvaz Jundishapur University of Medical Sciences, Esfand street, Farvardin Blvd.

City

Ahvaz

Province

Khouzestan

Postal code

61357-15794

Approval date

2018-03-03, 1396/12/12

Ethics committee reference number

IR.AJUMS.REC.1396.1030

Health conditions studied

1

Description of health condition studied

Sleep disorders

ICD-10 code

G47

ICD-10 code description

Disorders of initiating and maintaining sleep [insomnias]

Primary outcomes

1

Description

Morning tiredness

Timepoint

The beginning and the end of the intervention

Method of measurement

questionnaire

2

Description

Sleep Latency

Timepoint

The beginning and the end of the intervention

Method of measurement

questionnaire

3

Description

Day dysfunction due to sleepiness

Timepoint

The beginning and the end of the intervention

Method of measurement

questionnaire

4

Description

Overall sleep quality

Timepoint

The beginning and the end of the intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: diet controlling, 300 ml of doogh an hour before bedtime for three weeks

Category

Other

2

Description

diet controlling, a glass of water an hour before bedtime for 3 weeks

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Boostan dormitory

Full name of responsible person

Mahtab Rajabi Jourshari

Street address

Boostan dormitory, front of Bargh township, Karegar square, Boostan

City

Ahvaz

Province

Khouzestan

Postal code

61355393

Phone

+98 61 3383 7317

Email

mahtab.Rajabi@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Dr. Mohammad Badavi

Street address

Ahvaz Jundishapur University of Medical Sciences, Esfand street, Farvardin Blvd.

City

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Postal code

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Email

mahtab.Rajabi@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz Jundishapur University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mahtab Rajabi Jourshari

Position

Bachelor of science

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Email

mahtab.Rajabi@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Sima Jafarirad

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Nutrition

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Email

sjafarirad@gmail.com

Person responsible for updating data**Contact****Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Mahtab Rajabi Jourshari

Position

Bachelor of science

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Email

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

IPD collected for the primary outcome measure only

When the data will become available and for how long

starting one year after publication

To whom data/document is available

people working in academic institutions

Under which criteria data/document could be used

For Meta-analysis studies

From where data/document is obtainable

Completing a request form and sending to the Vice
Chancellor for Research and Technology of Ahvaz
Jundishapur University of Medical Sciences

What processes are involved for a request to access data/document

Completing a request form and sending to the Vice
Chancellor for Research and Technology of Ahvaz
Jundishapur University of Medical Sciences via regular
mail

Comments