Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 controling, 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
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61355393
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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.
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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
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
Ahavz 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
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Person responsible for updating data

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Full name of responsible person
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Position
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Latest degree
Bachelor

Other areas of specialty/work
Nutrition

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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