Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Compare of yogurt and drinking yogurt serum therapy in treatment of acute diarrhea in children 1 to 5 years

Protocol summary

Study aim

The compare of the effect of yogurt drinking with yogurt and serum therapy in Treatment of acute diarrhea in children aged 1 to 5 years old

Design

In this study, 210 patients with acute diarrhea who have been admitted to the Taleghani hospital in Gorgan, will be selected.Participants will be randomly divided into three groups: yogurt + serum, dough + serum and serum therapy alone ,According to the order of referral to the center. the frequency of diarrhea of the patients will be checked, as well as the time of discharge of patients daily.

Settings and conduct

Children aged 1-5 years old who referred to Taleghani Hospital of Gorgan with acute diarrhea were divided into 3groups that includ 70 childeren in every group: yougurt+ serum, dough + serum and serum alone according to the order of referral, and in these patients, the frequency of diarrhea and the number of days of admission will be checked.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 1-5 years old Diarrhea Duration of diarrhea less than 14 days days • Exit criteria: Malnutrition Diarrhea of non-digestive origin Chronic diarrhea more than 14 days Cow's milk protein allergy Do not accept or tolerate dough or yogurt Age less than 1 year and more than 5 years

Intervention groups

Patients are divided into three groups: The first group is the co-recipient of yogurt and common serum therapy Second group is the co-recipient of dough and common serum therapy Group 3 is recipient of common serum therapy

Main outcome variables

Diarrhea times

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171211037830N1**
Registration date: **2018-02-16, 1396/11/27**
Registration timing: **prospective**

Last update: **2018-02-16, 1396/11/27**
Update count: **0**

Registration date

2018-02-16, 1396/11/27

Registrant information

Name
Mohammad Sobhani Shahmirzadi

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 17 3252 8435

Email address
sobhani@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-02-20, 1396/12/01

Expected recruitment end date

2019-03-20, 1397/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Compare of yogurt and drinking yogurt serum therapy in treatment of acute diarrhea in children 1 to 5 years

Public title
Comparison of the effect of yogurt and Dough with the serum on reducing the frequency of diarrhea in children 1 to 5 years
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age 1-5 years old Diarrhea stool child Duration of diarrhea less than 14 days
Exclusion criteria:
Malnutrition Diarrhea of non-digestive origin Chronic diarrhea more than 14 days Cow's milk protein allergy Do not accept or tolerate dough or yogurt Age less than 1 year and more than 5 years
Age
From **1 year** old to **5 years** old
Gender
Both

Phase
3
Groups that have been masked

- Outcome assessor
- Data analyser

Sample size
Target sample size: **210**
Randomization (investigator's opinion)
Randomized
Randomization description
Regarding the fact that patients were divided into three groups: yogurt, dough and serum, the random allocation method was randomly assigned to the patients in order to receive health care services and randomly the first patient in our group, the second patient in the DOG group The patient was hospitalized in the serum group.
Blinding (investigator's opinion)
Single blinded
Blinding description
Investigating the outcome of intervention, the frequency of diarrhea stools, will be done by one of the nurses working in the department.It will be unaware of the allocation of people in the trilogy and the purpose of the study.In addition, at the analytical stage, the statistical analyst will also keep track of the allocation of people in uninformed groups.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
کمیته اخلاق منطقه ای دانشگاه علوم پزشکی گلستان
Street address
Hirkan Blvd,Gorgan university of medical sciences
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Province
Golestan
Postal code
۴۹۳۴۱۷۴
Approval date
2016-10-13, 1395/07/22
Ethics committee reference number
Ir.Goums.REC.1395.270

Health conditions studied

1

Description of health condition studied
Acute Diarrhea
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Diarrhea times
Timepoint
Daily
Method of measurement
Asking from patient or companion

Secondary outcomes

1

Description
Length of hospitalization
Timepoint
Daily
Method of measurement
Asking daily

Intervention groups

1

Description
Intervention group: Intervention group: The first intervention group received yogurt at a rate of 50 cc per kilogram of body weight per day. Second intervention group: Dosages received 150 cc / kg body weight daily.
Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Taleghani children educational center

Full name of responsible person
Dr. Jabbar Parhiz

Street address
Taleghani Hospital, Veterans Boulevard

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4916668197

Phone

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drparhiz2014@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gorgan University of Medical Sciences

Full name of responsible person
Mohammad Reza Honarvar

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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
Gorgan 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
Gorgan University of Medical Sciences

Full name of responsible person
Fatemeh Iranoost

Position
Assistant Professor of Pediatrics

Latest degree
Medical doctor

Other areas of specialty/work
Pediatrics

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Subspecialist

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available