

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 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 children 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)

Phone

+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

City

Gorgan

Province

Golestan

Postal code

۴۹۳۴۱۷۴

Approval date

2016-10-13, 1395/07/22

Ethics committee reference number

lr.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**Fax****Email**

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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Person responsible for scientific inquiries

Contact

Name of organization / entity

Gorgan University of Medical Sciences

Full name of responsible person

Mohammad Sobhani Shahmizaii

Position

Pediatric Pediatrician, Faculty of Pediatrics

Latest degree

Subspecialist

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Assistant Professor of Pediatrics

Latest degree

Medical doctor

Other areas of specialty/work

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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