

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 2026

### A clinical Trial on effect of omega-3 Fatty acids on pregnancy outcome

#### Protocol summary

##### Summary

The objective of this study is to investigate the effect of omega-3 fatty acids on pregnancy outcomes. 120 pregnant mothers (60 women in each intervention and control group) referred to the study clinics were assigned to receive salmon fish oil, 1000 mg capsules once daily since 16th gestational week until the end of pregnancy as well as routine prenatal care. The control group only received routine prenatal. Outcome measures were maternal weight gain and the average blood pressure at the end of pregnancy, pregnancy duration and time of PROM, gender, height, weight and head circumference of newborns.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138811173291N1**  
Registration date: **2010-06-03, 1389/03/13**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2010-06-03, 1389/03/13

##### Registrant information

##### Name

Masoumeh Davoodabadi Farahani

##### Name of organization / entity

School of Nursing and Midwifery, Arak University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 86 1417 3502

##### Email address

davoodabadi.m@arakmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Arak University of Medical Sciences

##### Expected recruitment start date

2006-09-30, 1385/07/08

##### Expected recruitment end date

2008-05-14, 1387/02/25

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

A clinical Trial on effect of omega-3 Fatty acids on pregnancy outcome

##### Public title

Pregnancy and Omega-3 supplements

##### Purpose

Other

##### Inclusion/Exclusion criteria

Inclusion Criteria: age 18 to 40 years, single pregnancy, the first visit before 16 weeks of pregnancy, weight before 16 weeks gestation 45 kg or more, and 4 or less parities . Exclusion criteria: low or noncompliance, irregular visit, current gestational diabetes, fetal defects, delivery at home or outside the city of Arak

##### Age

From **18 years** old to **40 years** old

##### Gender

Female

##### Phase

3

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **120**

##### Randomization (investigator's opinion)

Randomized

### Randomization description

#### Blinding (investigator's opinion)

Single blinded

#### Blinding description

#### Placebo

Not used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

University of Medical Sciences

##### Street address

Arak - St. Shiroodi - St. Alam al-Hoda - University of  
Medical Sciences

##### City

Arak

##### Postal code

#### Approval date

2006-08-07, 1385/05/16

#### Ethics committee reference number

85-15-1

## Health conditions studied

### 1

#### Description of health condition studied

Pregnancy

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Neonate's Birth weight

#### Timepoint

at birth

#### Method of measurement

in grams

### 2

#### Description

Neonates height

#### Timepoint

at birth

#### Method of measurement

in centimeters

### 3

#### Description

Neonate's head circumference

#### Timepoint

at birth

#### Method of measurement

in centimeters

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Fish oil (omega 3) Salmon, 1000 mg capsules, oral, once  
a day, since 16th gestational week until the end of  
pregnancy as well as routine prenatal care

#### Category

Other

### 2

#### Description

routine prenatal care

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Aristotle Health center

##### Full name of responsible person

##### Street address

##### City

Arak

### 2

#### Recruitment center

##### Name of recruitment center

Aboureihan Health center

##### Full name of responsible person

##### Street address

##### City

Arak

### 3

#### Recruitment center

##### Name of recruitment center

Taleghani Health Center

##### Full name of responsible person

##### Street address

##### City

Arak

#### 4

##### **Recruitment center**

**Name of recruitment center**

Taleghani Hospital

**Full name of responsible person**

**Street address**

**City**

Arak

##### **Sponsors / Funding sources**

#### 1

##### **Sponsor**

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Dr Majid Ramezani

**Street address**

Arak University of Medical Sciences, Shiroodi St.,

Alam al-Hoda St., Arak

**City**

Arak

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Arak 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**

Arak University of Medical Sciences

**Full name of responsible person**

Masoumeh Davoodabadi Farahani

**Position**

Mentor faculty member / MSc Midwifery

**Other areas of specialty/work**

**Street address**

Midwifery group, Nursing and Midwifery college,

Sardasht, Arak

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##### **Person responsible for scientific inquiries**

##### **Contact**

**Name of organization / entity**

Arak University of Medical Sciences

**Full name of responsible person**

Masoumeh Davoodabadi Farahani

**Position**

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##### **Person responsible for updating data**

##### **Contact**

**Name of organization / entity**

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**Full name of responsible person**

Masoumeh Davoodabadi Farahani

**Position**

**Other areas of specialty/work**

**Street address**

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**Phone**

**Fax**

**Email**

**Web page address**

##### **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*