

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jul 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

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Full name of responsible person

Masoumeh Davoodabadi Farahani

Position

Other areas of specialty/work

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City

Postal code

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