

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of national program of iron and vitamin D supplementation among secondary female students in Gonabad

Protocol summary

Study aim

Determining effectiveness of national program of iron and vitamin D supplementation among secondary female students in Gonabad

Design

This study will be conducted on 180 female students of the 7th-grade girl. Clinical examinations for the screening of iron deficiency anemia by a doctor of the same sex and blood sampling by a trained person of the same sex will be performed and the blood samples will be tested. Then Ferrous Fumarate iron tablets will be used weekly for 16 consecutive weeks and Pearl vitamin D3 for 9 months (one month each month). After the intervention, the subjects will again be screened for clinical signs of iron deficiency anemia. Blood samples will be tested. The results of blood tests will be compared before and after the supplementary intervention program.

Settings and conduct

This study was conducted on 7th grade female students in Gonabad city (a city in the southeastern province of Khorasan Razavi, Iran).

Participants/Inclusion and exclusion criteria

Inclusion criteria: student in seventh grade, resident of Gonabad city, willingness to participate in the study.

Exclusion criteria: Students who participate in the pre-test but do not present in the post-test, students who change their school

Intervention groups

In this study, Ferrous Fumarate iron tablets are taken weekly for 16 consecutive weeks and pearl vitamin D3 for 9 months (one month each month).

Main outcome variables

The level of iron and vitamin D will be measured

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180722040559N3**

Registration date: **2018-11-24, 1397/09/03**

Registration timing: **retrospective**

Last update: **2018-11-24, 1397/09/03**

Update count: **0**

Registration date

2018-11-24, 1397/09/03

Registrant information

Name

Alireza Jafari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3851 4548

Email address

jafaria962@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2015-11-11, 1394/08/20

Expected recruitment end date

2016-06-19, 1395/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of national program of iron and vitamin D supplementation among secondary female students in Gonabad

Public title

Effectiveness of national program of iron and vitamin D supplementation

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Students in seventh grade Residents of Gonabad city
Willingness to participate in the study

Exclusion criteria:

Students who participated in the pre-test but will not be present in the post-test Changing their schools

Age

From **12 years** old to **14 years** old

Gender

Female

Phase

4

Groups that have been masked

No information

Sample size

Target sample size: **180**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The ethics committee of Gonabad University of
Medical Sciences

Street address

Gonabad University of Medical Sciences, Imam
Khomeini street, Gonabad city, Razavi Khorasan

City

Gonabad

Province

Razavi Khorasan

Postal code

96917-93718

Approval date

2015-09-01, 1394/06/10

Ethics committee reference number

SDH / 2 / 011

Health conditions studied**1****Description of health condition studied**

Use of vitamin D and iron supplements

ICD-10 code

Z72.4

ICD-10 code description

Inappropriate diet and eating habits

Primary outcomes**1****Description**

Increased levels of iron and vitamin D

Timepoint

After a period of 9 months and the end of the
intervention,

Method of measurement

blood test

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: Students will receive ferrous
fumarate tablets weekly for 16 consecutive weeks and
perl vitamin D3 for 9 months (one month each month).

Category

Diagnosis

Recruitment centers**1****Recruitment center****Name of recruitment center**

Schools in Gonabad

Full name of responsible person

Alireza Jafari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Gonabad University of Medical Sciences

Full name of responsible person

Alireza Jafari

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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

Gonabad 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**

Gonabad University of Medical Sciences

Full name of responsible person

Alireza Jafari

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Not applicable

Title and more details about the data/document

Study data can be reported after unidentifiable

participants in the study

When the data will become available and for how long

Start the access period one month after the publication of result

To whom data/document is available

Researchers working in academia

Under which criteria data/document could be used

Data is sent through an official request and by email

From where data/document is obtainable

Alireza Jafari: jafaria962@mums.ac.ir

What processes are involved for a request to access data/document

Data is sent through an official request and by email

Comments