

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Comparing three types of iron supplementation in pregnant women

Protocol summary

Summary

Iron requirements increase during pregnancy and it causes risk of developing anemia. The present study aimed to compare the effects of daily, 3-times weekly and weekly regimens on hematological markers in non-anemic pregnant women. Serum ferritin, serum iron and Hb were measured for all pregnant women in their 14th week of gestation who attended the prenatal clinics. Women with Hemoglobin levels less than 11g/dL, chronic hematological disorders (Thalassemia, and etc.) and multiple pregnancies were excluded from the study. A hundred and fifty non-anemic pregnant women in their 16th week period of gestation entered the study. Patients were randomized in three groups and they matched by maternal age, number of pregnancies, income and education. First Group (n=50) received one ferrous sulfate tablet daily, second group (n=50) received 50mg ferrous sulfate tablet three times in a week and finally the third group (n=50) received 100mg ferrous sulfate tablets weekly. Markers were checked again at 28th week of pregnancy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201101093820N1**
Registration date: **2011-03-01, 1389/12/10**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-03-01, 1389/12/10

Registrant information

Name

Zinatalsadat Bouzari

Name of organization / entity

Babol university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 1223 4651

Email address

z_b412003@yahoo.com

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and technology, Babol University of Medical Sciences

Expected recruitment start date

2006-01-01, 1384/10/11

Expected recruitment end date

2008-01-01, 1386/10/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing three types of iron supplementation in pregnant women

Public title

Iron supplementation in pregnancy

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Non-anemia pregnant women in their 16th week period of gestation. Exclusion criteria: Women with Hemoglobin levels less than 11g/dL, chronic hematological disorders (Thalassemia, and etc.)

Age

From **17 years** old to **40 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 150

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

Ethics committee of Babol University of Medical sciences

Street address

Gangafroz Avenue, Babol University of Medical sciences

City

Babol

Postal code

Approval date

2005-11-10, 1384/08/19

Ethics committee reference number

1027

Health conditions studied

1

Description of health condition studied

Iron deficiency anaemia in pregnancy

ICD-10 code

D50.8

ICD-10 code description

Other iron deficiency anaemias

Primary outcomes

1

Description

Hemoglobin

Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

Method of measurement

laboratory

2

Description

Serum iron

Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

Method of measurement

laboratory

3

Description

Serum ferritin

Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

Method of measurement

laboratory

Secondary outcomes

1

Description

Nausea and vomiting

Timepoint

12 week

Method of measurement

Questionnaire

Intervention groups

1

Description

First group :50mg ferrous sulfate tablet daily

Category

Treatment - Drugs

2

Description

Second group: 50mg ferrous sulfate tablet three times in a week

Category

Treatment - Drugs

3

Description

Third group : 100mg ferrous sulfate tablet weekly

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Babol health centers

Full name of responsible person
Dr Zinatossadat Bouzari
Street address
Babol University of Medical Sciences
City
Babol

+98 11 1227 4880
Email
z_basirat@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Dr Zinatossadat Bouzari
Position
Assistant professor, Department of OB & GYN
Other areas of specialty/work
Street address
Babol University of Medical Sciences, Gangafroz Avenue
City
Babol
Postal code
Phone
+98 11 1222 8444
Fax
Email
z_b412003@yahoo.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Babol University of Medical Sciences
Full name of responsible person
Dr. Shahla Yazdani
Position
Obstetric & Gynecologist
Other areas of specialty/work
Street address
Roohani hospital
City
Babol
Postal code
Phone
+98 11 1223 8301
Fax
Email
Shahla_yazdani_1348@yahoo.com
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

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research and Technology, Babol University of Medical Sciences
Full name of responsible person
Dr Ali Bijani
Street address
Gangafroz Avenue
City
Babol
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research and Technology, Babol 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
Fatemehzahra Fertility & reproductive Health Research Center
Full name of responsible person
Dr Zahra Basirat
Position
Associate proffessor
Other areas of specialty/work
Street address
Fatemehzahra Fertility & reproductive Health Research Center, Noshirvani street
City
Babol
Postal code
4719173716
Phone
+98 11 1227 4881
Fax

empty
Analytic Code
empty

Data Dictionary
empty