

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

14 Jul 2026

### Effect of prophylactic iron supplementation on Pregnancy outcome

#### Protocol summary

##### Summary

The aim of this double blind clinical trial study is the determination of effect of prophylactic iron supplementation on pregnancy outcome in nonanemic women. One hundred and sixty six nonanemic pregnant women 18-24 years will be divided to 2 groups:1) Supplementation group received 60 mg/d iron as ferrus sulfate2)Control group received placebo .At the beggining, 24-28 weeks and end of the pregnancy hemoglobin, serum ferritin , fasting blood sugar will be measured.Birth Weight, birth height and gestational age will be recorded.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138706141196N1**

Registration date: **2008-10-21, 1387/07/30**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2008-10-21, 1387/07/30

##### Registrant information

###### Name

Ebrahim falahi

###### Name of organization / entity

Lorestan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 422468766198

###### Email address

e\_falahi@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Deputy of Researches and Technology, Lorestan  
University of Medical Sciences

##### Expected recruitment start date

2008-09-06, 1387/06/16

##### Expected recruitment end date

2008-12-06, 1387/09/16

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of prophylactic iron supplementation on Pregnancy  
outcome

##### Public title

Effect of prophylactic iron supplementation on Pregnancy  
outcome

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

inclusion criteria: GA: <20 weeks, Age:18-24 y,gravidity  
1, BMI:18.5-24.9 kg/m2, Hb>110g/l, Serum Ferritin  
>20Ug/l Exclusion criteria: Hb<110g/l, infection, disease,

##### Age

From **18 years** old to **24 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **166**

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

Randomized

##### Randomization description

##### Blinding (investigator's opinion)

Double blinded  
**Blinding description**  
**Placebo**  
Used  
**Assignment**  
Parallel  
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**  
**Name of ethics committee**  
Ilostan University of Medical Sciences  
**Street address**  
Razi Ave., Deputy of Research and technology  
**City**  
Khorramabad  
**Postal code**  
**Approval date**  
2008-04-30, 1387/02/11  
**Ethics committee reference number**  
896ت

## Health conditions studied

### 1

**Description of health condition studied**  
Iron supplementation in pregnant women  
**ICD-10 code**  
**ICD-10 code description**

## Primary outcomes

### 1

**Description**  
serum ferritin  
**Timepoint**  
beginning the study(<20 wk), 28 wk of gestation and 38 wk of gestation  
**Method of measurement**  
radioimmunoassay method

### 2

**Description**  
Hemoglobin  
**Timepoint**  
beginning the study(<20 wk), 28 wk of gestation and 38 wk of gestation  
**Method of measurement**  
cyanid hemoglobin

### 3

**Description**  
Fasting blood sugar  
**Timepoint**  
beginning the study(<20 wk), 28 wk of gestation and 38 wk of gestation  
**Method of measurement**  
Glucose oxidase

### 4

**Description**  
birth weight  
**Timepoint**  
at birthday  
**Method of measurement**  
recording weight by scale

### 5

**Description**  
birth length  
**Timepoint**  
at birthday  
**Method of measurement**  
strip meter

### 6

**Description**  
gestational age  
**Timepoint**  
at birthday  
**Method of measurement**  
calculated from the number of completed weeks since the first day of the mother's last menstrual period to the date of birth.

## Secondary outcomes

### 1

**Description**  
maternal weight gain  
**Timepoint**  
at delivery  
**Method of measurement**  
The difference between mothers' weight before pregnancy and after delivery

### 2

**Description**  
adherence to iron supplementation  
**Timepoint**  
at each return visiting by physician  
**Method of measurement**  
calculated on the basis of the number of tablets remaining in the box

## Intervention groups

1

### Description

iron supplementation

### Category

empty

## Recruitment centers

1

### Recruitment center

#### Name of recruitment center

private office

#### Full name of responsible person

Dr. Soheila Akbari

#### Street address

#### City

Khorramabad

## Sponsors / Funding sources

1

### Sponsor

#### Name of organization / entity

lorestan university of medical sciences

#### Full name of responsible person

Mohamad Hasan Kayedi

#### Street address

Razi Ave., Deputy of Researches and Technology

#### City

khorrabad

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

lorestan 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

Lorestan University of Medical Sciences

#### Full name of responsible person

Ebrahim Falahi

### Position

Ph.D in nutrition Sciences-assistant professor

### Other areas of specialty/work

### Street address

Modiriat boul.,Deputy of Food and Drug

### City

Khorramabad

### Postal code

### Phone

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### Fax

### Email

e\_falahi@yahoo.com

### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Lorestan University of Medical Sciences

#### Full name of responsible person

ebrahim falahi

#### Position

Assistant Professor and Vice-chancellor of Food and Drug, Ph.D

#### Other areas of specialty/work

#### Street address

deputy of food and Drug

#### City

khorrabad

#### Postal code

#### Phone

+98 66 1322 4687

#### Fax

#### Email

e\_falahi@yahoo.com

#### Web page address

## Person responsible for updating data

### Contact

#### Name of organization / entity

lorestan University of Medical sciences

#### Full name of responsible person

Ebrahim falahi

#### Position

Ph.D

#### Other areas of specialty/work

#### Street address

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**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*