Clinical Trial Protocol
Iranian Registry of Clinical Trials

27 May 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

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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
lorestan University of Medical Sciences
Street address
Razi Ave., Deputy of Reseach 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
biggining the study(<20 wk), 28 wk of gestation and 38 wk of gestation
Method of measurement
radioimiunoassay method

2

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

3

Description
Fasting blood sugar
Timepoint
biggining the study(<20 wk), 28 wk of gestation and 38 wk of gestation
Method of measurement
Glocose oxidaze

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
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khorramabad
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

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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