Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of the effectiveness of zinc sulfate in reducing duration of common cold symptoms in children

Protocol summary

Summary

The common cold is a viral illness. Major symptoms include rhinorrhea and nasal obstruction with absent or mild fever and lack of any systemic manifestations. Common cold is the most common disease in children. Young children have an average of 6 to 7 colds each year. Some of the complications of common cold are secondary bacterial infections, school absence and excessive cost of treatment. Zinc sulfate has an antiviral effect and can strengthen immune system activity .The aim of this study is to evaluate the efficacy of zinc sulfate in reducing the duration of cold symptoms in children. This is a randomized clinical trial conducted on 112 children between 1-7 years old (male and female) with common cold. Patients were divided into intervention and control groups. Sample size in each group was 56. Subjects in the intervention group received Zinc Sulfate (for 10 days) while control group did not receive Zinc Sulfate. Both groups received usual medications. By means of a questionnaire, duration of symptoms including rhinorrhea and nasal obstruction, cough, sneezing, fever as well as duration of illness, in both groups will be collected and compared. The inclusion criteria are: children between 1 to 7 years old diagnosed by a pediatrician as having common cold based on symptoms and not receiving antibiotics. The exclusion criteria are: parents not willing to participate in the study and antibiotic use.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903184056N2**
Registration date: **2010-06-14, 1389/03/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-06-14, 1389/03/24

Registrant information

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Zahra Moghadasi
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Arak University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

funded by investigator

Expected recruitment start date

2007-04-21, 1386/02/01

Expected recruitment end date

2007-09-23, 1386/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effectiveness of zinc sulfate in reducing duration of common cold symptoms in children

Public title

Effectiveness of zinc sulfate in common cold symptoms in children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: children between 1 to 7 years old diagnosed by a pediatrician as having common cold based on symptoms; not receiving antibiotics. Exclusion criteria: parents not willing to participate in the study and antibiotic use.

Age

From **1 year** old to **7 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **112**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences

Street address

Pardis complex, Basij Sq.,

City

Arak

Postal code

3848176941

Approval date

empty

Ethics committee reference number

1/27/1386

Health conditions studied

1

Description of health condition studied

Cold

ICD-10 code

J00

ICD-10 code description

Acute nasopharyngitis (common cold)

Primary outcomes

1

Description

Nasal obstruction

Timepoint

10 days after starting treatment - Daily for 10 days

Method of measurement

Asking mother and child via a questionnaire

2

Description

Runny nose

Timepoint

10 days after starting treatment-Daily for 10 days

Method of measurement

Asking mother and child via a questionnaire

3

Description

Cough

Timepoint

10 days after starting treatment - Daily for 10 days

Method of measurement

Asking mother and child via a questionnaire

4

Description

Sneezing

Timepoint

10 days after starting treatment - Daily for 10 days

Method of measurement

Asking mother and child via a questionnaire

5

Description

Fever

Timepoint

10 days after starting treatment

Method of measurement

Asking mother and child via a questionnaire - Thermometer

Secondary outcomes

1

Description

Secondary bacterial infections

Timepoint

15- 20 days after the end of treatment

Method of measurement

Pediatrician statement - Blood test results

2

Description

school absence

Timepoint
15- 20 days after the end of treatment
Method of measurement
parental statement

3

Description
Excessive cost for treatment
Timepoint
15- 20 days after the end of treatment
Method of measurement
parental statement

Intervention groups

1

Description
In case group , use of zinc sulfate (1mg/kg) once a day for 10 days
Category
Treatment - Drugs

2

Description
Control group did not receive Zinc Sulfate
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Arak Amirkabir Hospital
Full name of responsible person
Dr Parsa Yousefi
Street address
Amirkabir Hospital, Pediatric clinic
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr Saeed Changizi Ashtiyani
Street address
Vice Chancellor for Research
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
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Pediatric Nephrologist
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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