

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Name

Zahra Moghadasi

Name of organization / entity

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

Dr Parsa Yousefi

Position

Pediatric Nephrologist

Other areas of specialty/work**Street address**

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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