Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of Vitamin E and C supplements on improving asthma

Protocol summary

Summary

The purpose of this double blind clinical trial is to determine the effect of vitamin E & C, alone and in combination, on the improvement of asthma. 80 asthmatic patients, referred to Mofateh Special Clinics and Yasuj Imam Sajjad Hospital, will be randomly assigned into one of following groups to receive 400 mg Vitamin E per day, 800 mg vitamin C, 400 mg Vitamin E as well as 800 mg vitamin C, or placebo for 12 weeks. Holms-Rahe questionnaire was used to investigate daily stress. Dietary intake is measured using 24-hour dietary recalls questionnaire and respiratory factors are measured by peak flow meter and Spiro meter. Severity of asthma and the serum levels of vitamin C and E are measured before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904224359N1**
Registration date: **2010-09-13, 1389/06/22**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2010-09-13, 1389/06/22

Registrant information

Name
Leila Nikrooz
Name of organization / entity
Yasouj Univercity Medical Siencese
Country
Iran (Islamic Republic of)
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+98 74 1223 4115
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l-nikrooz@yums.ir

Recruitment status

Recruitment complete

Funding source

Yasuj University of Medical Sciences

Expected recruitment start date

2010-11-22, 1389/09/01

Expected recruitment end date

2011-11-22, 1390/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Vitamin E and C supplements on improving asthma

Public title

Effect of Vitamin E and C supplements on improving asthma

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: History of at least one year asthma, age 18-50 years Exclusion Criteria: suffering from other diseases other than asthma, smoking, consumption of contraceptive pills

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Factorial
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Yasuj University of Medical Sciences
Street address
Imam Sajjad Hospital, Yasouj, Kohgiluyeh and Boyer Ahmad Province
City
Yasuj
Postal code
Approval date
2010-03-16, 1388/12/25
Ethics committee reference number
7873/5/23/پ

Health conditions studied

1

Description of health condition studied
Asthma
ICD-10 code
J45
ICD-10 code description
Asthma

Primary outcomes

1

Description
Asthma severity (severe - moderate - mild)
Timepoint
Before intervention and 6 and 12 weeks after intervention
Method of measurement
Classification of Asthma Severity: Method of Australian national Asthma Campaign 1998

Secondary outcomes

1

Description
Serum levels of vitamins A and C
Timepoint
Before and after intervention
Method of measurement
Serum levels of vitamins A and C

2

Description
stress
Timepoint
Before and after intervention
Method of measurement
The holms- Rahe stress scale

3

Description
dietary intake
Timepoint
before and after intervention
Method of measurement
a 24 hours dietary recall

Intervention groups

1

Description
400 mg of vitamin E, daily, for 12 weeks
Category
Treatment - Drugs

2

Description
Placebo (starch powder) for 12 weeks
Category
Placebo

3

Description
800 mg of vitamin C, daily for 12 weeks
Category
Treatment - Drugs

4

Description
400 mg of Vitamin E plus 800 mg ascorbic acid, daily for 12 weeks
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Mofatteh Clinic No. 2
Full name of responsible person

Leila Nikrooz, Mr. Posesh, Ms Eftekhari

Street address

Mofatteh Clinic shahid No. 2, Yasuj, Kohgiluyeh and Boyer Ahmad

City

Yasuj

2

Recruitment center

Name of recruitment center

Imam Sajjad Hospital

Full name of responsible person

Street address

City

Yasuj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Mr. Mehdi Akbar Tabar

Street address

Yasuj University of Medical Sciences, Yasuj, Kohgiluyeh and Boyer Ahmad Province

City

Yasuj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Yasuj 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

Yasuj University of Medical Sciences

Full name of responsible person

Leila Nikrooz

Position

Instructor, School of Nursing and Midwifery

Other areas of specialty/work

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Faculty of Nursing and Midwifery, Yasuj University of Medical Sciences, Yasuj, Kohgiluyeh and Boyer Ahmad

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Yasuj University of Medical Sciences

Full name of responsible person

Dr Hesamodin Nabavi zadeh

Position

Specialty Asthma and Immunology

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Person responsible for updating data

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Leila Nikrooz

Position

Faculty member, Faculty of Nursing and Midwifery

Other areas of specialty/work

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Postal code

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Email

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