Clinical Trial Protocol
Iranian Registry of Clinical Trials

19 Sep 2026

Effect of zinc supplement on the level of general health of ICU nurses

Protocol summary

Summary

This study is a double-blind randomized clinical trial (RCT). The aim of this study is to evaluate the effect of zinc supplement on the level of general health of ICU nurses. 46 patients, who qualified for study entry, randomly allocate in two equal groups. Inclusion criteria are: Low serum zinc level; Full-time nurses with a bachelor's degree or higher; Minimum of one year experience in ICU. Exclusion criteria are: Unwillingness to continue the study; History of diabetes, psychiatric, gastrointestinal, autoimmune, rheumatic disease; Micronutrients and supplements usage; Cigarette Smoking. Intervention group receive one Zinc sulfate 220 mg capsule per 72 hour for one month and control group receive one placebo capsule per 72 hour for one month. Before and at the end of the trial general health questionnaire will be completed by nurses and for measuring of serum Zinc, cooper and CBC, five milliliter blood will be sampled from antecubital vein. After collecting and classifying of information, data will be analyzed with SPSS18.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206254365N13**
Registration date: **2012-07-15, 1391/04/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-07-15, 1391/04/25

Registrant information

Name

Afshin Gholipour Baradari

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

gholipourafshin@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research of Mazandaran University of Medical Sciences

Expected recruitment start date

2011-12-22, 1390/10/01

Expected recruitment end date

2012-01-21, 1390/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of zinc supplement on the level of general health of ICU nurses

Public title

Effect of zinc supplement on the level of general health of ICU nurses

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Low serum zinc level; Full-time nurses with a bachelor's degree or higher; Minimum of one year experience in ICU Exclusion criteria: Unwillingness to continue the study; History of diabetes, psychiatric, gastrointestinal, autoimmune, rheumatic disease; Micronutrients and supplements usage; Cigarette Smoking

Age

No age limit

Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **46**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features
update

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethic committee of Mazandaran University of Medical Sciences
Street address
Mazandaran University of Medical Sciences, Moallem Square
City
sari
Postal code
46175866
Approval date
2012-02-22, 1390/12/03
Ethics committee reference number
H-90-40

Health conditions studied

1

Description of health condition studied
Dietary zinc deficiency
ICD-10 code
E60
ICD-10 code description
Dietary zinc deficiency

Primary outcomes

1

Description
general health
Timepoint
before intervention and one months
Method of measurement
general health questionnaire

Secondary outcomes

1

Description
serum zinc level
Timepoint
before trial,one months later
Method of measurement
Laboratory kit

Intervention groups

1

Description
Intervention group, Cap Zinc sulfate 220 mg/72 h for one month
Category
Treatment - Drugs

2

Description
Control group, placebo/72h for one month
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Khomeini General Hospital
Full name of responsible person
Afshin Gholipour Baradari, MD
Street address
Imam Khomeini general Hospital, Amir St, Sari, Iran
City
sari

2

Recruitment center
Name of recruitment center
Mazandaran heart center
Full name of responsible person
Afshin Gholipour Baradari, MD
Street address
Mazandaran Heart center, Artesh Blvd, Sari, Iran
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research of Mazandaran University of Medical Sciences

Full name of responsible person
Dr Ahmad Ali Enayati

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Mazandaran university of medical sciences, Moallem Square, Sari, Iran Sari Mazandaran Iran, Islamic Republic Of 48175-866 00981513262679 00 00981513262679 medjournal@mazums.ac.ir www.mazums.ac.ir

City
sari

Grant name

Grant code / Reference number

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

Title of funding source
Vice chancellor for research of Mazandaran 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
Mazandaran University Of Medical Sciences

Full name of responsible person
Afshin Gholipour Baradari, MD

Position
CCMF, Assistant Professor, Chief of ICU

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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Full name of responsible person
Ghasem Shokri

Position
bacheral science of nursing

Other areas of specialty/work

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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