Clinical Trial Protocol
Iranian Registry of Clinical Trials

30 May 2026

Evaluation of the effectiveness of vitamin compared to routine medication treatment on the improvement process of patients with COVID-19

Protocol summary

Study aim
Determining the effectiveness of vitamin C on the improvement process of patients with COVID-19 in Abadan University of Medical Sciences

Design
A parallel randomized double blind clinical trial with intervention and placebo group

Settings and conduct
This study will be done in hospitals affiliated to abadan university of medical sciences. 400 Covid-90 patients with inclusion criteria will be assigned to intervention (Vitamin C) and placebo group. The randomization method is block randomization. In this study patients and researchers will be blinded

Participants/Inclusion and exclusion criteria
Inclusion criteria: Patients who are diagnosed as Covid-19 patients by positive PCR test or by CT Scan Exclusion criteria: Pregnant or breast feeding women, Patients with a kidney stone, Patients with diabetes, Patients under 18 years of age, Chronic renal failure, Patient with urinary tract infection

Intervention groups
Intervention Group: Patients with Covid-19 that will be Recipient of standard national protocol drugs + Vitamin C 1000mg daily Control Group: Patients with Covid-19 that will be Recipient of standard national protocol drugs + placebo of Vitamin C

Main outcome variables
Recovery within 10 days of starting the drug. Recovery means: (no fever, no shortness of breath, no cough or improved, no fatigue or improved) for 24 hours.

General information

Reason for update
Edit date of recruitment and outcomes

Acronym
-

IRCT registration information
IRCT registration number: **IRCT20200324046850N5**
Registration date: **2020-04-04, 1399/01/16**
Registration timing: **prospective**

Last update: **2020-10-17, 1399/07/26**
Update count: **1**

Registration date
2020-04-04, 1399/01/16

Registrant information

Name
Sara Mobarak

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 5326 7800

Email address
s.mobarak@abadanums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-10-17, 1399/07/26

Expected recruitment end date
2020-12-16, 1399/09/26

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effectiveness of vitamin compared to

routine medication treatment on the improvement process of patients with COVID-19

Public title
Effectiveness of vitamin C on the improvement process of patients with COVID-19
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
COVID-19 patients that have positive PCR test of nasopharyngeal sample or have positive CT Scan
Exclusion criteria:
Pregnant or breast feeding women Patients with kidney stone Patients with diabetes Patients under 18 years of age Chronic renal failure Patient with urinary tract infection
Age
From **18 years** old
Gender
Both

Phase
2
Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor

Sample size
Target sample size: **400**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization method is block randomization and block size of 4. Randomization sequence and concealment codes will de created by www.sealedenvelope.com website.
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo will be produced with a color and taste similar to Vitamin C by Pharmacy school of Jundishapur University.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Abadan faculty of medical sciences
Street address
-
City
Abadan
Province
Khouzestan
Postal code
06313833177
Approval date
2020-03-17, 1398/12/27
Ethics committee reference number
IR.ABADANUMS.REC.1398.119

Health conditions studied

1

Description of health condition studied
Covid-19
ICD-10 code
U07.1
ICD-10 code description
Covid-19

Primary outcomes

1

Description
Recovery within 10 days of starting the drug. Recovery means: (no fever, no shortness of breath, no cough or improved, no fatigue or improved) for 24 hours.
Timepoint
Daily
Method of measurement
Clinical observation and examination

Secondary outcomes

1

Description
The change of inflammatory markers
Timepoint
Admission and discharge day
Method of measurement
C-reactive protein, neutrophil-lymphocyte ratio

2

Description
Rate of survival
Timepoint
Daily
Method of measurement
census report

3

Description
Days admitted in hospital
Timepoint
Daily since hospitalization time
Method of measurement

Based on patient's file

4

Description
Days intubated/under ventilator
Timepoint
Daily
Method of measurement
observation

5

Description
Days admitted in ICU
Timepoint
Daily
Method of measurement
Based on patient's file

6

Description
Time to clinical improvement (TTIC) of NEWS2 (National Early Warning Score 2) of 0 maintained for 24 hours
Timepoint
Day of admission, fifth and discharge
Method of measurement
NEWS2 (National Early Warning Score 2) questionnaire

Intervention groups

1

Description
Control group: Standard Protocol Drugs + placebo (in terms of appearance and color similar to vitamin C) every 12 hours for 5 days
Category
Treatment - Drugs

2

Description
Intervention group: Standard Protocol Drugs + Vitamin C 500mg every 12 hours for 5 days
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Abadan Taleghani Hospital
Full name of responsible person
سارا مبارک
Street address
-
City
Abadan
Province
Khouzestan
Postal code
6313833177
Phone
+98 61 5326 7800
Email
s.mobarak@abadanums.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Abadan University of Medical Sciences
Full name of responsible person
Sara Mobarak
Street address
-
City
Abadan
Province
Khouzestan
Postal code
6313833177
Phone
+98 61 5326 7800
Email
s.mobarak@abadanums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Abadan University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Abadan University of Medical Sciences
Full name of responsible person
Sara Mobarak
Position
Associate professor
Latest degree
Specialist
Other areas of specialty/work
Infectious diseases

Street address
-
City
Abadan
Province
Khouzestan
Postal code
6313833177
Phone
+98 61 5326 7800
Fax
Email
S.mobarak@abadanums.ac.ir

Person responsible for scientific inquiries

Contact
Name of organization / entity
Abadan University of Medical Sciences
Full name of responsible person
Sara Mobarak
Position
Associate professor
Latest degree
Specialist
Other areas of specialty/work
Infectious diseases
Street address
-
City
Abadan
Province
Khouzestan
Postal code
6313833177
Phone
+98 61 5326 7800
Fax
Email
S.mobarak@abadanums.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Abadan University of Medical Sciences
Full name of responsible person
Sara Mobarak
Position
Associate professor
Latest degree
Specialist
Other areas of specialty/work
Infectious diseases
Street address
-
City
Abadan
Province
Khouzestan
Postal code
6313833177
Phone
+98 61 5326 7800
Fax
Email
S.mobarak@abadanums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
-All data can be shared after the participants in the study are unrecognizable.
When the data will become available and for how long
The data access period after printing the article
To whom data/document is available
The data in this study will be available to researchers working at academic and scientific institutions, as well as the Food and Drug Administration.
Under which criteria data/document could be used
Any analysis can be done with the consent of the main researcher.
From where data/document is obtainable
s.mobarak@abadanums.ac.ir
What processes are involved for a request to access data/document
The researcher or pharmaceutical company can send their request to the academic email after sending the documents to confirm their original identity.The project manager will then provide the requested information to the researcher or pharmaceutical company after ensuring the accuracy of the submitted documents after a period of one week.
Comments