

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Evaluation of the effect of oral intermediate chain triglyceride on prognosis and course of disease in suspected outpatients with COVID-19

Protocol summary

Study aim

The effect of oral medium-chain triglyceride (MCT) on prognosis and outcome of outpatients suspected COVID-19 in Kerman medical centers

Design

A randomized controlled clinical trial with parallel groups

Settings and conduct

Eligible patients with mild to moderate disease according to The Corona Virus Guideline who visit the clinics designated by the Kerman department of Health for COVID-19, and candidate for quarantine and receive home treatment will enter to the study. Patients in both groups receive classical medicine according to the Corona Virus Guideline. Patients in the intervention group receive MCT Oil as well as classical medicine.

Participants/Inclusion and exclusion criteria

Patients with 18-65 years old, developing mild to moderate COVID-19 based on Ministry of Health protocol and candidate for outpatient treatment include to this study. No allergic to MCT (for those who have previously taken MCT and know they are allergic). Allergy to MCT Oil, Asthma or allergy Hypertension, Diabetes, Pregnancy/lactation, Congestive heart failure, Chronic renal failure, Chemotherapy, Taking Corticosteroid and Immune deficiency are excluded.

Intervention groups

Intervention group: receive medication for treatment of Covid-19 according to Ministry of Health Protocol with the administration of oral medium-chain triglyceride (MCT)
Control group: receive medication for the treatment of Covid-19 according to Ministry of Health protocol

Main outcome variables

Temperature; Respiratory rate; cough ; weakness; and muscular pain

General information

Reason for update

Acronym

MCT

IRCT registration information

IRCT registration number: **IRCT20160313027033N2**
Registration date: **2020-04-16, 1399/01/28**
Registration timing: **registered_while_recruiting**

Last update: **2020-04-16, 1399/01/28**

Update count: **0**

Registration date

2020-04-16, 1399/01/28

Registrant information

Name

Mahdiyehsadat Eftekharaftali

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-04-02, 1399/01/14

Expected recruitment end date

2020-05-03, 1399/02/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of oral intermediate chain triglyceride on prognosis and course of disease in

suspected outpatients with COVID-19

IR.KMU.REC.1399.019

Public title

The effect of MCT Oil on COVID-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Patients with mild or moderate COVID-19 disease according to the diagnostic protocol provided by the Ministry of Health

Exclusion criteria:

No allergic to MCT (for those who have previously taken MCT and know they are allergic).

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Patients were randomly divided into intervention and control groups using Random Allocation Software.

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

Ethics committee of Kerman University of Medical Sciences

Street address

Beginning of Ibn Sina Street, Beginning of Jihad Blvd., Somayeh Road (Tahmasebad), Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2020-02-24, 1398/12/05

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

Coronavirus COVID-19

ICD-10 code

U07.1

ICD-10 code description

COVID-19

Primary outcomes

1

Description

Temperature

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Thermometer

2

Description

Cough (severity-frequency)

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Fisman Cough Severity Score

3

Description

Weakness

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

4

Description

Respiratory rate

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Counting the number of breaths per minute

5

Description

Muscular pain

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Asking patients using visual analog scale (VAS)

6

Description

Urine Ketone

Timepoint

Four hours after taking MCT oil

Method of measurement

It is checked with a urine test strip.

Secondary outcomes

1

Description

Hospital admssion

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Ratio of the number of admission to total patients in each group

2

Description

Mortality

Timepoint

0-1-2-3-14 days after starting intervention

Method of measurement

Ratio of the number of deaths to total patients in each group

Intervention groups

1

Description

Intervention group: Patients in this group in addition to drug treatment according to the Ministry of Health protocol, take 2 tablespoons of medium-chain triglyceride (MCT) to cure fever with each meal. Both group are thought to take the following advice base on traditional medicine instructions:During this period, avoid consuming carbohydrate including sweet and eat less starch food.skim snacks and start eating when they're starving.avoid eating before satiating.eat slowly and chew well.walk for 15 minutes after eating.

Category

Treatment - Drugs

2

Description

Control group: Patients in this group receive medication according to the Ministry of Health protocol. Both group are thought to take the following advice base on traditional medicine instructions:During this period, avoid consuming carbohydrate including sweet and eat less starch food.skim snacks and start eating when they're starving.avoid eating before satiating.eat slowly and chew well.walk for 15 minutes after eating.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman County Health Center

Full name of responsible person

Alireza Zahedi Neyestani

Street address

Shafa Crossroads, Kerman County Health Center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Abbas Pardakhti

Street address

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Alireza Zahedi Neyestani

Position

Resident

Latest degree

Medical doctor

Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Mohammad Setayesh

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

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Person responsible for updating data

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Mahdiyehsadat Eftekharafzali

Position

Specialist physician

Latest degree

Ph.D.

Other areas of specialty/work

Traditional Medicine

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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 will be shared through a supplementary file after unidentified individuals.

When the data will become available and for how long

Start the access period from 6 months after printing results

To whom data/document is available

Researchers and other people can access data if they need it.

Under which criteria data/document could be used

For use in review articles, reprogramming and modeling can be used in other studies. In case of need, should be emailed to the programmer.

From where data/document is obtainable

Executor of plan or University

What processes are involved for a request to access data/document

Email the scheduler (Dr.Setayesh) ,he answers.

Comments

All information is available to others for the advancement of science.