Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effects of a Persian diet"nokhod-ab" on corona virus-related fatigue in patients living in accommodation

Protocol summary

Study aim
Investigating the effect of "nokhod-ab" on the recovery of patients with coronavirus
Design
The present study is a clinical trial with a control group, with parallel, randomized group, phase 3 over 40 patients
Settings and conduct
The project is being performed at a rehabilitation center for patients with coronavirus. In this study, 40 patients eligible to enter the project are divided into two groups receiving nokodab and routine care. Recipients receive 80 cc of nokodab daily for half an hour before meals for 2 weeks.The control group does not take.
Participants/Inclusion and exclusion criteria
Inclusion criteria: 1- Age over 18 year 2-Corona positive test 3-Both men and women 4-Recovery stage Exclusion criteria: 1-Severe kidney disease 2-Liver failure 3- have gout 4-High uric acid 5-Taking medications that induced fatigue
Intervention groups
The first group: receiving nokodab The second group: receive routine treatment
Main outcome variables
Score of Fatigue Severity based on "Visual Analogue Fatigue Scale"

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20200115046144N2**
Registration date: **2020-05-21, 1399/03/01**
Registration timing: **prospective**

Last update: **2020-05-21, 1399/03/01**
Update count: **0**

Registration date
2020-05-21, 1399/03/01

Registrant information
Name
Bahareh Ahadi
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2020-05-31, 1399/03/11
Expected recruitment end date
2020-11-20, 1399/08/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effects of a Persian diet"nokhod-ab" on corona virus-related fatigue in patients living in accommodation

Public title
Effects of nokhod-ab on fatigue
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age over 18year Corona positive test Both men and women Recovery stage
Exclusion criteria:

Severe kidney disease Liver failure Having gout High uric acid Taking medications that induce fatigue

Age
From **18 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
The numbers from 1 to 40 is written on 40 papers and placed inside a bag. Even numbers are for intervention group and odd numbers are for control group. Each time a patient enters the study according to entry criteria, a paper is removed from the bag and the number written on the paper is the base of entering to each group.

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
committee semnan university of Medical Sciences

Street address
Basij Blvd, University Headquarters

City
Semnan

Province
Semnan

Postal code
3519899951

Approval date
2020-05-03, 1399/02/14

Ethics committee reference number
IR.SEMUMS.REC.1399.031

Health conditions studied

1

Description of health condition studied
COVID-19 Disease

ICD-10 code
U07.02

ICD-10 code description
COVID-19, virus not identified

Primary outcomes

1

Description
Score of Fatigue Severity "Visual Analogue Fatigue Scale"

Timepoint
Before the intervention,after the intervention(2 weeks later)

Method of measurement
Using Visual Analogue Fatigue Scale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Administrating 80 cc"nokhod-ab" tree times a day for two weeks

Category
Treatment - Drugs

2

Description
Control group: They do not receive treatment. Follow this group only to complete the questionnaires at specific intervals

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Recovery of Kosar Hospital in Semnan

Full name of responsible person
Bahareh Ahadi

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Sponsors / Funding sources

1

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Name of organization / entity
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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
Semnan 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
Semnan University of Medical Sciences
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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
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available
Title and more details about the data/document
Dissemination of information after completing the clinical trial and publication of the article taken from the plan
When the data will become available and for how long
After printing the article
To whom data/document is available
Researchers
Under which criteria data/document could be used
For research reasons
From where data/document is obtainable
Sending Email to the researchers
What processes are involved for a request to access data/document
Sending Email to the researchers
Comments
Sending the request via the email