

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Investigating the effect of sweet almond ,Oral product, as a supplement in patients with COVID 19

Protocol summary

Study aim

Evaluation of the effectiveness of sweet almond, oral product in improving Respiratory symptoms of patients with Quaid 19

Design

This study is a Controlled Clinical Trial that is performed on 60 patients with COVID19, with respiratory symptoms. Patients were divided into two random groups using a table of random numbers and and a code assigned to them. The intervention group receive sweet almond oral product and the prescribed drugs according to protocol and for the control group, given only prescription drugs according to protocol.

Settings and conduct

Patients who have been hospitalized with coronavirus diagnosis, at Masih Daneshvari Hospital in Tehran and have any respiratory symptoms receive 10 cc of oral almonds sweet product after each meal for 6 days. by. The severity of dyspnea, cough and sleep quality, is evaluated with, questionnaire Dyspnoea, Leicester Cough questionnaire and The Petersburg Questionnaire and recorded.

Participants/Inclusion and exclusion criteria

Inclusion criteria: All patients with corona (confirmed by test or CT) two years and older of both sexes who have one of the clinical manifestations (shortness of breath and cough). Exclusion criteria: Any allergies to Almonds sweet or other foods Diabetic patients Taking Hospitalization in the intensive care unit

Intervention groups

Patients with COVID19, who have any respiratory symptoms, receive oral product of sweet almond and prescription drugs, and the control group is given only prescription drugs.

Main outcome variables

almond sweet shortness of breath cough Intensity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180712040446N2**

Registration date: **2020-07-01, 1399/04/11**

Registration timing: **registered_while_recruiting**

Last update: **2020-07-01, 1399/04/11**

Update count: **0**

Registration date

2020-07-01, 1399/04/11

Registrant information

Name

Atefe Sharif

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2247 3630

Email address

atf.sharif@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-06-30, 1399/04/10

Expected recruitment end date

2020-08-31, 1399/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of sweet almond ,Oral product, as a supplement in patients with COVID 19

Public title

Investigating the effect of sweet almond on symptoms of COVID 19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

All patients with corona (confirmed by test or CT) who have one of the clinical manifestations (shortness of breath and cough). Patients hospitalized

Exclusion criteria:

Any allergies to Almonds sweet or other foods Patients who ate Almonds sweet regularly Inability to take medication orally Diabetic patients Taking Opioid medications Use of Antitussive products Suffering from other respiratory diseases Hospitalization in the intensive care unit

Age

From 2 years old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Random number table: Patients using random number tables and assigned according to code given to them, they are divided into two random groups.

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 Shahid Beheshti University of Medical Sciences(SBUMS)

Street address

Shahid Beheshti University of Medical Sciences, Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran.

City

Tehran

Province

Tehran

Postal code

19839-63113

Approval date

2020-04-08, 1399/01/20

Ethics committee reference number

IR.SBMU.NRITLD.REC.1399.120

Health conditions studied

1

Description of health condition studied

COVID-19

ICD-10 code

U07.1

ICD-10 code description

COVID-19

2

Description of health condition studied

Cough

ICD-10 code

R05

ICD-10 code description

Cough

3

Description of health condition studied

Shortness of breath

ICD-10 code

R06.02

ICD-10 code description

Shortness of breath

4

Description of health condition studied

Fever

ICD-10 code

R50.9

ICD-10 code description

Fever, unspecified

Primary outcomes

1

Description

Severity shortness of breath

Timepoint

At the beginning of the study, 3 and 6 days after the start using product

Method of measurement

Dyspnoea-12 questionnaire

2

Description

Severity of cough
Timepoint
At the beginning of the study, 3 and 6 days after the start using product
Method of measurement
Leicester Cough Questionnaire

Secondary outcomes

1

Description
Sleep Quality
Timepoint
At the beginning of the study, 3 and 6 days after the start of product consumption
Method of measurement
Petersburg Sleep Quality Questionnaire

Intervention groups

1

Description
Intervention group: Sweet almond product, 10 cc, three times a day, for 6 days, after each meal
Category
Treatment - Drugs

2

Description
Control group: Standard treatment for COVID-19, according to the protocol of the Ministry of Health, including hydroxychloroquine sulfate (Amin Isfahan Pharmaceutical Company) in a dose of 200 mg, twice a day for 14 days
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Masih Daneshvari hospital
Full name of responsible person
Ali Abdolahinia
Street address
Shahid Bahonar St., Darabad
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Afshin Rezqi
Street address
7th Floor, Bldg No.2, Shahid Beheshti Medical University, Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran, Iran
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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
Shahid Beheshti 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
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Ali Abdolahinia
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work

Traditional Medicine

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Person responsible for scientific inquiries

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Person responsible for updating data

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Full name of responsible person

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Iranian medicine specialist

Latest degree

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Other areas of specialty/work

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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

A part of the data, such as information about the main consequence, will be shared.

When the data will become available and for how long

Start the access period 6 months after publishing the results

To whom data/document is available

Every one

Under which criteria data/document could be used

Using in research and treatment projects

From where data/document is obtainable

Ali Abdolahinia : aaliabd@yahoo.com , Masih Daneshvari Hospital, Darabad Avenue, Shahid Bahonar roundabout, Tehran, Iran

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

For 10 days, after sending the request via email, it will be sent to them.

Comments