Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Nov 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
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Iran (Islamic Republic of)
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+98 21 2247 3630
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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

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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

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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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Masih Daneshvari Hospital, Darabad Avenue, Shahid Bahonar roundabout, Tehran, Iran

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Position
Medicinal Plant Researcher

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Master

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Medicinal Plants

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Person responsible for updating data

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Ph.D.

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