

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

#### Protocol summary

##### Study aim

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

##### Design

The present study is a clinical trial with a control group, with parallel, randomized group, phase 3 over 80 patients

##### Settings and conduct

The project is being performed at a rehabilitation center for patients with coronavirus. In this study, 80 patients eligible to enter the project are divided into two groups receiving pomegranate juice and sumac and routine care. The control group (group 2) receive routine care.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: 1- Outpatients with clinical symptoms of covid 19 and RT-PCR testing or chest CT positive for the disease that referred home for treatment 2- Age under 60 years 3- Relative stability of cardiovascular status Exclusion criteria: 1- Pregnant and lactating women 2- COVID-19 patients in hospital or admitted to hospital

##### Intervention groups

The first group: receiving diet containing pomegranate juice and sumac The second group: receive routine treatment

##### Main outcome variables

Anorexia Nausea

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20190406043175N3**

Registration date: **2020-07-12, 1399/04/22**

Registration timing: **prospective**

Last update: **2020-07-12, 1399/04/22**

Update count: **0**

##### Registration date

2020-07-12, 1399/04/22

##### Registrant information

###### Name

fatemeh forouzanfar

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 51 3761 7318

###### Email address

forouzanfarf@mums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-08-22, 1399/06/01

##### Expected recruitment end date

2021-08-23, 1400/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of diet on the clinical symptoms of COVID-19 outpatients with the attitude of traditional medicine

##### Public title

The effect of diet based on traditional medicine on COVID-19

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

###### Inclusion criteria:

Outpatient patients with clinical symptoms of covid 19

and RT-PCR testing or chest CT positive for the disease that referred home for treatment. Under 60 years of age  
Relative stability of cardiovascular status

**Exclusion criteria:**

Pregnant and lactating women COVID-19 patients in hospital or admitted to hospital

**Age**

From **18 years** old to **60 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

The numbers from 1 to 80 is written on 80 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**

Mashhad University of Medical Sciences

**Street address**

Faculty of medicine, Ferdowsi complex, Azadi Sq.

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9177948564

**Approval date**

2020-06-20, 1399/03/31

**Ethics committee reference number**

IR.MUMS.REC.1399.313

**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**

Anorexia Nausea

**Timepoint**

Every two weeks for up to a month

**Method of measurement**

Examination by a physician

**Secondary outcomes**

empty

**Intervention groups**

1

**Description**

Intervention group: In addition to routine treatment, pomegranate juice is prescribed 3 glasses a day and 2 grams of sumac packs at noon and at night on food for four weeks.

**Category**

Treatment - Drugs

2

**Description**

Control group: Routine treatment

**Category**

Treatment - Drugs

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Imam Reza Hospital

**Full name of responsible person**

Hassan Rakhshandeh

**Street address**

Emam Reza Blvd, Emam Reza Hospital

**City**

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**Province**

Razavi Khorasan

**Postal code**

9137913316

**Phone**

+98 51 3854 3031

**Email**

Rakhshandehh@mums.ac.ir

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Mohsen Tafaghodi

**Street address**Deputy of Research and Technology of the University  
, Qurashi Building, Next to Hoveyzeh Cinema,  
University Street**City**

Mashhad

**Province**

Razavi Khorasan

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9138813944

**Phone**

+98 51 3841 1538

**Email**

vcresraech@mums.ac.ir

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Mashhad 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**

Mashhad University of Medical Sciences

**Full name of responsible person**

Hassan Rakhshandeh

**Position**

Assistant professor

**Latest degree**

Medical doctor

**Other areas of specialty/work**

Medical Pharmacy

**Street address**

Faculty of Medicine, Azadi sq

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**Phone**

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**Email**

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Mashhad University of Medical Sciences

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**Phone**

+98 51 3800 2000

**Email**

Rakhshandehh@mums.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

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 publishing 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