

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Sep 2026

The effect of iron supplementation during menstrual bleeding on bleeding and hemoglobin level in students: A Randomized Clinical Trial

Protocol summary

Study aim

Determining the effect of iron supplementation during menstrual bleeding on bleeding volume and hemoglobin level

Design

Clinical trial with control group, with parallel groups, 3-way blind, randomized, phase 3 on 160 people, cards or envelope shuffling function is used for randomization

Settings and conduct

Sampling will be done in Rafsanjan University of Medical Sciences. The iron pills and placebo will be packed with the codes 1 and 2. Samples, researcher and the analyzer will be unaware of the type of drug. The hemoglobin level is checked before the intervention and if samples are anemic they are removed. The duration of the study is 4 menstrual cycles. The first cycle is with no intervention, during which the samples record the amount of menstrual bleeding in the Higham chart. Iron pills and Plus Bo are given to samples to take 3 menstrual cycles. The first group takes iron pills in the first 4 days of menstrual bleeding 1 a day and the second group takes Plus Bo in the same way. Each cycle they fill the Higham chart. A week after taking the last iron or Plus Bo pill, hemoglobin level is measured again

Participants/Inclusion and exclusion criteria

Lack of vitamin intake and iron pills in the last 3 months/Lack of pregnancy and lactation/Lack of endocrine disorders like diabetes and thyroid problems/Hemoglobin greater than or equal to 12 grams per deciliter

Intervention groups

The intervention group takes ferrous sulfate pills containing 50 mg of iron ions in the first 4 days of menstrual bleeding and the control group receives Plus Bo in the first 4 days of menstrual bleeding.

Main outcome variables

There is no difference in the amount of menstrual bleeding in the intervention and control groups before the intervention and after each intervention. There is no

difference in the amount of hemoglobin in the intervention and control groups before the intervention and after intervention

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160308026971N11**

Registration date: **2020-12-20, 1399/09/30**

Registration timing: **registered_while_recruiting**

Last update: **2020-12-20, 1399/09/30**

Update count: **0**

Registration date

2020-12-20, 1399/09/30

Registrant information

Name

Marzeyeh Loripoor

Name of organization / entity

Rafsanjan University Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 34 3428 4950

Email address

m.loripoor@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-11-04, 1399/08/14

Expected recruitment end date

2021-03-04, 1399/12/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of iron supplementation during menstrual bleeding on bleeding and hemoglobin level in students: A Randomized Clinical Trial

Public title

The effect of iron supplementation during menstrual bleeding on bleeding and hemoglobin level

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Conscious and free written satisfaction to participate in the study Lack of vitamin intake and iron supplementation in the last three months Lack of pregnancy and lactation Not using oral and injectable steroid hormonal drugs Lack of known parasitic and infectious diseases Lack of blood diseases such as thalassemia and hemophilia No known history of psychiatric disorders Lack of endocrine disorders such as diabetes and thyroid problems Lack of Contraindications Iron Consumption: Receiving blood frequently -Intake of intravenous iron-absorption disorder and excessive iron storage such as hemochromatosis Not being a smoker Not taking mineral supplements at the moment Not taking herbal medicines and supplements for two weeks before the start of the study and throughout the study BMI between 18.5 to 25 kg / m² Hemoglobin greater than or equal to 12 grams per deciliter (not being anemic) Having a normal menstrual cycle between 21-35 days and no known history of menorrhagia Not having a recent history of major surgery and an accident leading to a blood transfusion Lack of digestive problems (risk of iron deficiency disorders) -No use of tampons or menstrual cups

Exclusion criteria:

The occurrence of allergic reactions to iron tablets Forget about taking more than one iron pill per cycle Take emergency contraceptive pills in each cycle

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **160**

Randomization (investigator's opinion)

Randomized

Randomization description

Allocating individuals to two intervention and control groups will be randomly simple and using a lottery. Put 80 sheets of paper with code 1 and 80 pieces of code 2 in a bowl and mix well. Each participant is asked to remove one of the sheets from the container so that they are randomly assigned to one of the iron pill use groups in the first 4 days of menstrual bleeding or the use of Plus Bo in the first 4 days of menstrual bleeding.

Blinding (investigator's opinion)

Triple blinded

Blinding description

The manufacturer of the drug, taking into account codes 1 and 2, closes the iron and pharmaceutical tablets and provides them to the participants in the project by a researcher or information collector. Questionnaires 1 and 2 will also be specified in the questionnaires. The completed questionnaires are then provided to the statistical consultant for analysis, and at the end, after the results have been determined, iron tablets and pharmaceuticals are identified. Thus, the women participating in the project, the researcher, the information gathering colleague and the statistical consultant of the type of medicine will be unaware and study the three Socors.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Rafsanjan University of Medical Sciences

Street address

No. 33, Alley 41, Mostafa Khomeini St

City

Rafsanjan

Province

Kerman

Postal code

7714668168

Approval date

2020-07-13, 1399/04/23

Ethics committee reference number

IR.RUMS.REC.1399.077

Health conditions studied**1****Description of health condition studied**

Taking iron supplements during menstrual bleeding

ICD-10 code
ICD-10 code description

Primary outcomes

1

Description

Menstrual bleeding rate

Timepoint

Before the intervention and after each intervention
(three menstrual cycles)

Method of measurement

Higham chart (pictorial blood assessment chart)

2

Description

Blood hemoglobin level

Timepoint

Before the intervention and one week after taking the
last iron pill or placebo

Method of measurement

blood test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Ferrous sulfate iron tablets containing 50 mg of iron ions are prepared by Amin Pharmaceutical Company. The intervention group will be given 12 iron pills to take three menstrual cycles. The time to take iron pills is in the first 4 days of menstrual bleeding.

Category

Treatment - Drugs

2

Description

Control group: Control group: Ferrosulfate iron tablet placebo is provided by Amin Pharmaceutical Company. The control group will be given 12 placebos for three menstrual cycles. The time of taking the placebo is in the first 4 days of menstrual bleeding

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan University of Medical Sciences

Full name of responsible person

Elnaz Mokhtarkalimi

Street address

Faculty of Nursing and Midwifery, Nursing street

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Phone

+98 34 3428 0035

Fax

+98 34 3425 8497

Email

info@rums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

marzeyeh loripoor

Street address

Central Organization of Rafsanjan University of
Medical Sciences and Health Services, Deputy of
research and technology, Imam Ali Boulevard

City

Rafsanjan

Province

Kerman

Postal code

7717933777

Phone

+98 34 3428 0097

Email

alishamsy@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person

Marzeyeh Loripoor

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

Faculty of Nursing and Midwifery, Nursing street

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Phone

+98 913 393 7334

Fax

+98 34 3425 8497

Email

marzeyehloripoor@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Marzeyeh Loripoor

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

Street address

Faculty of Nursing and Midwifery, Nursing street

City

Rafsanjan

Province

Kerman

Postal code

7718796755

Phone

+98 34 3428 0035

Email

marzeyehloripoor@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Marzeyeh Loripoor

Position

Assistant Professor

Latest degree

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7718796755

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+98 34 3428 0035

Email

marzeyehloripoor@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be 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

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be 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