

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of egg white powder on anthropometric indices in malnourished children

Protocol summary

Study aim

Determining the effect of supplementation with egg white protein on the growth of malnourished children

Design

Experimental group with a sample size of 23

Settings and conduct

Children 3 to 6 years old with mild to severe malnutrition referred to the medical centers of Shiraz University of Medical Sciences, with the completion of the consent form by the parents and under the supervision of a physician, the intervention process begins for six months. Patients perform anthropometric measurements and required questionnaires before and after the intervention to evaluate the markers. Patients in the intervention group calculated the amount of egg white protein required for each child based on current weight at the rate of 1 gram per kilogram of body weight and a packet of egg white protein powder was given along with the necessary training.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Existence of malnutrition based on Z-Score (underweight and / or short stature), completing the consent form by parents, not using drugs or growth supplements in the last 6 months and announcing readiness not to use drugs in It was while studying.
Exclusion criteria: If during this period the child became ill, began to take any medication or supplement, the use of egg white protein powder was not done according to the required amount, or the parents or the child is reluctant They did not continue to study.

Intervention groups

Intervention group: Calculate the amount of egg white protein required for each child based on current weight and at a rate of 1 gram per kilogram of body weight and a pack of egg white protein powder with the necessary training

Main outcome variables

Investigation of anthropometric indicator

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100223003408N9**

Registration date: **2021-03-10, 1399/12/20**

Registration timing: **prospective**

Last update: **2021-03-10, 1399/12/20**

Update count: **0**

Registration date

2021-03-10, 1399/12/20

Registrant information

Name

Maryam Ekramzadeh

Name of organization / entity

Shiraz University of Medical Sciences, Nutrition Department

Country

Iran (Islamic Republic of)

Phone

+98 917 317 3891

Email address

ekramzadeh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-04, 1400/01/15

Expected recruitment end date

2021-05-22, 1400/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of egg white powder on anthropometric indices in malnourished children

Public title

The effect of egg white powder on the control of malnutrition in children

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Study of malnutrition based on Z-Score (underweight and / or short stature) Completion of consent form by parents Do not use growth medications or supplements for the past 6 months Declare readiness not to use medications while studying

Exclusion criteria:

If during this period the child become ill He start taking any kind of medicine or supplement The use of egg white protein powder is not done according to the required amount The parent or child is reluctant to continue the study

Age

From **3 years** old to **6 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **23**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

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

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand street, Shiraz

City

shiraz

Province

Fars

Postal code

71348-14336

Approval date

2017-03-21, 1396/01/01

Ethics committee reference number

IR.SUMS.REC.1396.162

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

sever malnutrition

ICD-10 code

E41

ICD-10 code description

Nutritional marasmus

2**Description of health condition studied**

moderate malnutrition

ICD-10 code

E44.0

ICD-10 code description

Moderate protein-calorie malnutrition

Primary outcomes**1****Description**

weight

Timepoint

At the beginning of the study (before the intervention) and six weeks after the intervention

Method of measurement

scale

Secondary outcomes**1****Description**

(Weight F hight z score)

Timepoint

At the beginning of the study (before the intervention) and six weeks after the intervention

Method of measurement

formula

2**Description**

hight

Timepoint

At the beginning of the study (before the intervention) and six weeks after the intervention

Method of measurement

meter

3

Description

BIA

Timepoint

At the beginning of the study (before the intervention)
and six weeks after the intervention

Method of measurement

Formula

4

Description

(Weight F age z score)

Timepoint

At the beginning of the study (before the intervention)
and six weeks after the intervention

Method of measurement

Formula

5

Description

(Hight F age z score)

Timepoint

At the beginning of the study (before the intervention)
and six weeks after the intervention

Method of measurement

Formula

6

Description

(BIA F age z score)

Timepoint

At the beginning of the study (before the intervention)
and six weeks after the intervention

Method of measurement

Formula

Intervention groups

1

Description

Intervention group: The amount of egg white protein required for each child was calculated based on current weight and at a rate of 1 gram per kilogram of body weight and a packet of egg white protein powder with a special measure was given to parents. They were provided with the necessary training on how to use the powder, how to store it, along with a printed copy of the training, and were asked to include two or three servings of protein powder in yogurt, stews, soups, or other watery foods daily. (Provided it is not too hot) added and given to the child without notice. The study lasted for 6 weeks.

Category

Treatment - Other

Recruitment centers

1

Recruitment center**Name of recruitment center**

Ghadir Mother and Child Hospital

Full name of responsible person

Maryam Ekramzade

Street address

Gloshan Town

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71876-56895

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+98 71 3227 9701

Email

mekramzade@yahoo.com

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Dr.Gholam Reza Hatam

Street address

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Email

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Grant name

Shiraz University of Medical Sciences

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

Yes

Title of funding source

Shiraz 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

m_ekramzade@yahoo.com

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Maryam Ekramzade
Position
Associate Professor
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Specialist
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact

Name of organization / entity
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Latest degree
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Other areas of specialty/work
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Person responsible for updating data

Contact

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Maryam Hamidianshirazi
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Master Student
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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