

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Impact of Zinc Supplementation on Diarrhea Duration and Severity in Hospitalized Children in Ardabil

Protocol summary

Summary

Recent studies reported that zinc significantly reduces duration and severity of acute diarrhea in children. Zinc deficiency is prevalent in children in developing countries. Supplemental zinc provides therapeutic benefits in diarrhea. Our aim was to evaluate the effect of zinc supplementation on diarrhea duration and severity among children aged <5 y. This study was a double-blind, randomized, placebo controlled trial. Children (228 subjects) who hospitalized with an acute diarrhea were randomly assigned in two groups A and B to receive 20 mg Zn sulfate or placebo(glucose 5%), Children who hospitalized with acute diarrhea included in study and whom had perior of hospitalization and severe illness in two last months excluded. Then duration and severity of diarrhea were assessed during the study

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201103065989N1**

Registration date: **2011-05-30, 1390/03/09**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-05-30, 1390/03/09

Registrant information

Name

Afrouz Mardi

Name of organization / entity

Ardabil University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 45 3327 1159

Email address

a.mardi@arums.ac.ir

Recruitment status

Recruitment complete

Funding source

Official- Research Assistant of Ardabil University of Medical Sciences

Expected recruitment start date

2005-03-21, 1384/01/01

Expected recruitment end date

2006-03-20, 1384/12/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of Zinc Supplementation on Diarrhea Duration and Severity in Hospitalized Children in Ardabil

Public title

Zinc Supplementation and Diarrhea in Children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: Children who hospitalized with acute diarrhea

Exclusion: Children who had perior of hospitalization and severe illness in two last months.

Age

To **5 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **228**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

There aren't the other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ardabil University of Medical Sciences

Street address

Daneshgah street- Ardabil

City

Ardabil

Postal code

Approval date

2005-10-06, 1384/07/14

Ethics committee reference number

82165

Health conditions studied

1

Description of health condition studied

Diarrhea

ICD-10 code

A09

ICD-10 code description

Diarrhoea and gastroenteritis of presumed infectious origin

Primary outcomes

1

Description

Duration of diarrhea

Timepoint

Number of hospitalization days were used as duration time.

Method of measurement

Number of hospitalized days

2

Description

Severity of diarrhea

Timepoint

Daily during the hospitalization time

Method of measurement

Number of defecation in day

Secondary outcomes

1

Description

There weren't secondary outcome measure

Timepoint

There weren't secondary outcome measure

Method of measurement

There weren't secondary outcome measure

Intervention groups

1

Description

Intervention group received 20 mg zinc sulfate in dextrose 5% daily plus their routine drugs during the hospitalization time.

Category

Treatment - Drugs

2

Description

Control group received 5 cc dextrose 5% daily plus their routine drugs during the hospitalization time.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Ali Asghar Hospital

Full name of responsible person

Mrs Panahi Farahnaz

Street address

Varzesh Square -Ardabil

City

Ardabil

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ardabil University of Medical Sciences

Full name of responsible person

Dr Peeri Hadi

Street address

Daneshgah Street- Medical School- Ardabil University
of Medical Sciences

City

Ardabil

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

Yes

Title of funding source

Ardabil University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Ardabil University of Medical Sciences

Full name of responsible person

Afrouz Mardi

Position

Master Science/ Lecturer

Other areas of specialty/work**Street address**

Health School

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Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty