

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Evaluation the bloodpressure in patients with pre_hypertention and deficiency of vitamin D 6 that are referred to fajr clinic of mostafa khomeini hospital.

Protocol summary

Study aim

Evaluation the bloodpressure in patients with pre_hypertention that are referred to fajr clinic of mostafa khomeini hospital before and after treatment of vitamin D deficiency

Design

134 patients that are between 30 to 70 years old with prehypertention and vit D is lower than 30 ng/ml

Settings and conduct

This study is on 134 patients between 30 to 70 years old that are referred to mostafa khomeini hospital in ilam. At first the bloodpressure is measured and if they don't have indication for beginning the treatment and don't use drugs for bloodpressure then we measure vit d and if it is lower than 30 ng/ml we treat the deficiency of vitamin d according to protocol and recognize the changes

Participants/Inclusion and exclusion criteria

Age between 30 to 70 years old Systolic bloodpressure 120-139 and diastolic 80-89 Vitamin D is lower than 30 ng/ml

Intervention groups

134 patients that are between 30 to 70 years old with prehypertention

Main outcome variables

Vitamin d and bloodpressure

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221026056306N1**

Registration date: **2022-11-14, 1401/08/23**

Registration timing: **registered_while_recruiting**

Last update: **2022-11-14, 1401/08/23**

Update count: **0**

Registration date

2022-11-14, 1401/08/23

Registrant information

Name

Roya Yalamealiabadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 38 3423 9877

Email address

royaylm79@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-08-01, 1401/05/10

Expected recruitment end date

2022-12-22, 1401/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the bloodpressure in patients with pre_hypertention and deficiency of vitamin D 6 that are referred to fajr clinic of mostafa khomeini hospital.

Public title

Vitamin D in prehypertention

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 30 to 70 years old Systolic bloodpressure 120-139 and diastolic bloodpressure 80-89 Vitamin d is lower than 30 ng/ml

Exclusion criteria:

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **134**

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 Ilam University of Medical Sciences

Street address

The south ave, 38 court, Borujen Town

City

Borujen

Province

Chahar-Mahal-va-Bakhtiari

Postal code

8871946556

Approval date

2022-07-27, 1401/05/05

Ethics committee reference number

IR.MEDILAM.REC.1401.082

Health conditions studied

1

Description of health condition studied

Prehypertention

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Percent of people with systolic bloodpressure 120-139 and diastolic 80-89

Timepoint

Measurement of bloodpressure in beginning of study and 6 weeks after treatment of vitamin d

Method of measurement

Mercury sphygmomanometer

Secondary outcomes

1

Description

Vitamin d

Timepoint

Beginning of study and 6 weeks after treatment of vitamin d deficiency

Method of measurement

ELISA test

Intervention groups

1

Description

Intervention group: for 6 weeks and every week one pearl of vitamin d 50000

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

کلینیک فجر بیمارستان مصطفی خمینی

Full name of responsible person

Doctor asker sofina

Street address

Shahid keshvari square, Mostafa khomeini hospital, Ilam Town

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8871946556

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royaylm79@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ilam University of Medical Sciences

Full name of responsible person

Doctor abbas maleki

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Banganjab, Medical University of Ilam

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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

Ilam 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**

Ilam University of Medical Sciences

Full name of responsible person

asker sofina

Position

Medical doctor

Latest degree

Specialist

Other areas of specialty/work

Cardiology

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Ilam University of Medical Sciences

Full name of responsible person

Roya yalame

Position

Medicine student

Latest degree

Medical doctor

Other areas of specialty/work

Medical Education

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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

Medical Education

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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	This dates will be gathered from patients
Informed Consent Form	When the data will become available and for how long
Undecided - It is not yet known if there will be a plan to make this available	6 months after publication of results
Clinical Study Report	To whom data/document is available
Yes - There is a plan to make this available	For rehers in university
Analytic Code	Under which criteria data/document could be used
Undecided - It is not yet known if there will be a plan to make this available	For research
Data Dictionary	From where data/document is obtainable
Undecided - It is not yet known if there will be a plan to make this available	Roya yalame 09330889515
Title and more details about the data/document	What processes are involved for a request to access data/document
	By my email the dates will be accessible in one week
	Comments