Clinical Trial Protocol
Iranian Registry of Clinical Trials

02 Jun 2026

The effect of oral administration of thyme honey on anemia and some cardiovascular risk factors in hemodialysis patients

Protocol summary

Summary

Objective: To determine the effect of oral administration of thyme honey on anemia and some cardiovascular risk factors in hemodialysis' patients. Inclusion criteria: Desire to participate and giving the written consent; treatment with hemodialysis 3 times a week for 3 hours or more per session and for more than 3 months; not being diagnosed with cancer; mental disability; liver failure and not being allergic to honey. Exclusion criteria: Hospitalization and changes in the patient's medications during the study. Population under Study: hemodialysis' patients of Kowsar hospital in Semnan. Sample size: A pilot study including 10 patients in each group, the size of samples will be estimated. Considering the three variables of age (less than 50 or greater than 50), sex (male or female) and diabetes diagnosis (or not), entered into 8 possible groups, and then the subjects of each group were randomly allocated to intervention or control groups via the flip the coin. Intervention group: Intervention group will use 33 grams of thyme honey on each morning shift on a daily bases for one month. Control group: The control group will undergo routine care.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201705266318N9**
Registration date: **2017-07-01, 1396/04/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-07-01, 1396/04/10

Registrant information

Name

Monir Nobahar

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4190

Email address

Nobahar43@Yahoo.com

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2018-09-23, 1397/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of oral administration of thyme honey on anemia and some cardiovascular risk factors in hemodialysis patients

Public title

The effect of oral administration of thyme honey on anemia and some cardiovascular risk factors in hemodialysis patients

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Desire to participate and giving the written consent; treatment with hemodialysis 3 times a week for 3 hours or more per session and for more than

3 months; not being diagnosed with cancer; mental disability; liver failure and not being allergic to honey. Exclusion criteria: Hospitalization and changes in the patient's medications during the study.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **10**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Ethics committee of Semnan University of Medical sciences

Street address
Semnan University of Medical Sciences, Basij Blv., Semnan

City
Semnan

Postal code

Approval date
2017-05-21, 1396/02/31

Ethics committee reference number
IR.SEMUMS.REC.1396.4

Health conditions studied

1

Description of health condition studied
Hemodialysis

ICD-10 code
N18.5

ICD-10 code description
Chronic kidney disease, stage 5

Primary outcomes

1

Description
Hemoglobin

Timepoint
Before the intervention; one month after intervention

Method of measurement
In this study, hemoglobin is measured with Cell take E.

Secondary outcomes

1

Description
Hematocrit

Timepoint
Before the intervention; one month after intervention

Method of measurement
In this study, hematocrit is measured with Cell take E.

2

Description
Lipids

Timepoint
Before the intervention; one month after intervention

Method of measurement
In this study, lipids are measured with Pars test.

3

Description
C- reactive protein

Timepoint
Before the intervention; one month after intervention

Method of measurement
In this study, C-Reactivate protein is measured with bionik vial.

4

Description
Glucose

Timepoint
Before the intervention; one month after intervention

Method of measurement
In this study, glucose is measured with Pars test.

Intervention groups

1

Description
Intervention group: Intervention group will use 33 grams of thyme honey on each morning shift on a daily bases for one month.

Category
Prevention

2

Description
Control group: The control group will undergo routine care.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Kowsar Hospital
Full name of responsible person
Dr. Monir Nobahar
Street address
Al-Ghadir Sq., Golestan town, Semnan
City
Semnan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Semnan University of Medical Sciences
Full name of responsible person
Dr. Ali Rashidypour
Street address
Semnan University of Medical Sciences, Basij Blv, Semnan
City
Semnan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Semnan 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
Semnan University of Medical Sciences
Full name of responsible person
Dr. Monir Nobahar
Position
Associated professor of Semnan University of Medical Sciences
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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