

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of natural honey on the blood index and biochemical markers of HIV positive persons

Protocol summary

Summary

The aim of this study is to determine the effect of honey intake on hematological and biochemical variables in HIV positive patients. In this interventional study 30 HIV positive patients will be allocated into 2 groups randomly, intervention and control. Patients who are before AIDS disease stage and don't use any antiviral drugs will be included the study. Other infectious disease during the study will be excluded. Intervention group will receive 1.2 gr/kg natural honey for 30 days. The hematological and biochemical variables will be measured in two groups before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105246580N1**
Registration date: **2011-09-01, 1390/06/10**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2011-09-01, 1390/06/10

Registrant information

Name

Sepideh Mirzaie

Name of organization / entity

Qom University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 1772 2243

Email address

heidari@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2011-10-23, 1390/08/01

Expected recruitment end date

2011-12-21, 1390/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of natural honey on the blood index and biochemical markers of HIV positive persons

Public title

The effect of natural honey on the immune system of HIV positive persons

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: HIV positive case. Exclusion criteria: patient with AIDS; using antiviral drugs; patient with other infectious diseases during the study.

Age

From **20 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

Qom University of Medical Sciences

Street address

lavasani st.

City

Qom

Postal code

37185

Approval date

2011-03-19, 1389/12/28

Ethics committee reference number

28095/34/پ

Health conditions studied

1

Description of health condition studied

HIV

ICD-10 code

R75

ICD-10 code description

laboratory evidences of HIV

Primary outcomes

1

Description

wbc

Timepoint

first day and 31th day

Method of measurement

CBC

2

Description

CD4

Timepoint

first day and 31th day

Method of measurement

blood sampling

3

Description

CD8

Timepoint

first day and 31th day

Method of measurement

blood sampling

4

Description

hemoglobin

Timepoint

first day and 31th day

Method of measurement

CBC

5

Description

platelet

Timepoint

first day and 31th day

Method of measurement

CBC

6

Description

serum protein

Timepoint

first day and 31th day

Method of measurement

blood sampling

7

Description

serum albumin

Timepoint

first day and 31th day

Method of measurement

blood sampling

8

Description

copper level

Timepoint

first day and 31th day

Method of measurement

blood sampling

Secondary outcomes

1

Description

adverse reactions

Timepoint

during the study

Method of measurement

History taking and examination

empty

Intervention groups

1

Description

case group: 1.2 gr/kg/day natural honey for 30 days.

Category

Treatment - Other

2

Description

control group: this group does not take honey or placebo.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center of Qom province

Full name of responsible person

Sepideh Mirzaie

Street address

Shahid Beheshti dormitory, Shahid Beheshti st.

City

Qom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Alireza Koohpaei

Street address

Shahid Lavasani st.

City

Qom

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qom 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

Person responsible for general inquiries

Contact

Name of organization / entity

Qom University of Medical Sciences

Full name of responsible person

Sepideh Mirzaie

Position

student

Other areas of specialty/work

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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