Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of treatment with probiotics on modulating autoimmune inflammation in patients with systemic lupus erythematosus

Protocol summary

Study aim

The effect of probiotics Lactobacillus reuteri, Lactobacillus rhamnosus and Bifidobacterium infanti on serum levels of IL-10 and TGF-b in patients with systemic lupus erythematosus

Design

Patients are divided into two equal groups using the randomization method (23 people in each group). In the treatment group, in addition to common treatments for systemic lupus erythematosus, three probiotics Lactobacillus roteri, Lactobacillus rhamnosus, and Bifidobacterium are consumed daily in a capsule, and in the other group, in addition to common treatments, placebo is consumed instead of three probiotics. The duration of the intervention is 2 months.

Settings and conduct

Before and after the intervention, 5 cc of blood will be collected from the patients' brachial veins to assess immunological responses; the serum is stored in the freezer at the Immunology Research Center of the Bo Ali Research Institute in Mashhad. In the immunology laboratory of North Khorasan Faculty of Medical Sciences, IL-10 and TGF-b cytokines will be determined via the ELISA technique.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Patients with mild to moderate systemic lupus erythematosus based on the SLEDAI score, aged 20 to 55 years. Exclusion criteria: Patients with no underlying disease, such as kidney transplant, or who receive immunosuppressive drugs unrelated to systemic lupus erythematosus.

Intervention groups

In the intervention group, in addition to common treatments for systemic lupus erythematosus, three probiotics Lactobacillus roteri, Lactobacillus rhamnosus, and Bifidobacterium are consumed daily in a capsule

Main outcome variables

Evaluation of interleukin 10 (IL-10) and Transforming Growth Factor-β (TGF-b) and Systemic Lupus Erythematosus Disease Activity (SLEDAI)

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191223045865N2**
Registration date: **2023-06-19, 1402/03/29**
Registration timing: **prospective**

Last update: **2023-06-19, 1402/03/29**
Update count: **0**

Registration date

2023-06-19, 1402/03/29

Registrant information

Name
Mehdi Barati

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-20, 1402/03/30

Expected recruitment end date

2024-05-19, 1403/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
The effect of treatment with probiotics on modulating autoimmune inflammation in patients with systemic lupus erythematosus

Public title
The effect of probiotics on lupus
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Men and women with mild to moderate systemic lupus erythematosus based on Systemic Lupus Erythematosus Disease Activity Index score
Exclusion criteria:
The patient did not receive antibacterial medication at the time of the studyPatients with lupus and no underlying disease such as kidney transplant who receive immunosuppressive drugs other than systemic lupus erythematosus for any reason.
Age
From **20 years** old to **55 years** old
Gender
Both

Phase
3
Groups that have been masked

- Participant
- Care provider
- Investigator

Sample size
Target sample size: **23**
Randomization (investigator's opinion)
Randomized
Randomization description
Randomization: In this study, Block Randomization method with 13 blocks size 4 will be used. We will use Excel software and function (rand) to prepare random sequences. The steps of doing randomization using Excel: 1. Make a column group with A,A,B,B,C,C 2. In another column: =rand(). Assign random numbers to each letter. While doing this, use "paste values" to stop recalculating the randomization. =rand() 3. Sorting. Sort the random numbers from the lowest to the highest with selecting expand selection. 4. Sequence. Copy group column and paste it in sequence. 5. Repeat above steps 11 times And a repeat with block size 2. 6. Finish. Save the record. Concealment: A specific numerical code will be assigned to each of the randomly created sequences. Randomization will be done by the study epidemiologist and information will be only given to a study staff at the time of initiation of the intervention.
Blinding (investigator's opinion)
Triple blinded
Blinding description
This study is a double-blind randomized clinical trial, in other words, in this study, the researcher and the patient do not know the type of drug used (probiotic and placebo). In this study, drugs are sent in two separate boxes with codes A and B. The nature of the boxes will be reported only after taking the drug and collecting clinical and laboratory data.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethical committee of North Khorasan University of Medical Sciences
Street address
Dolat Blvd
City
Bojnourd
Province
North Khorasan
Postal code
74877-94149
Approval date
2023-05-18, 1402/02/28
Ethics committee reference number
IR.NKUMS.REC.1402.005

Health conditions studied

1

Description of health condition studied
Systemic lupus erythematosus (SLE)
ICD-10 code
M32
ICD-10 code description
Systemic lupus erythematosus (SLE)

Primary outcomes

1

Description
Interleukin 10
Timepoint
In this study, blood is taken from the patient before starting the treatment, and then treatment with probiotics is started. Probiotic treatment is done for two months, and then blood is taken from the patient once again and interleukin 10 is measured.
Method of measurement
ELISA

2

Description
Transforming Growth Factor-β
Timepoint
In this study, blood is taken from the patient before starting the treatment, and then treatment with probiotics is started. Probiotic treatment is done for two months, and then blood is taken from the patient once again and TGF-b is measured.
Method of measurement
ELISA

3

Description
Systemic Lupus Erythematosus Disease Activity Index (SLEDAI)
Timepoint
In this study, before the start of the treatment, blood is taken from the patient and the SLE disease activity indedx (SLAEDAI) questionnaire is completed, and then the treatment with pobiotics is started, probiotic treatment is carried out for two months, and then the SLEDAI questionnaire is completed once again.
Method of measurement
Questionnaire SELDAI K2000

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In addition to common treatments for systemic lupus erythematosus, this group is given three probiotics Lactobacillus roteri, Lactobacillus rhamnosus and Bifidobacterium in a capsule daily. The duration of the intervention is 2 months.
Category
Treatment - Drugs

2

Description
Control group: In addition to common treatments for systemic lupus erythematosus, this group instead of probiotics placebo is given in a capsule daily. The duration of the intervention is 2 months.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
NorthKhorasan University of Medical Sciences
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Bojnourd 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
Bojnourd University of Medical Sciences
Full name of responsible person
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Position
Assistant Professor
Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is 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
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Not applicable
Title and more details about the data/document
All data will be shared, including the amount of medication, duration of medication use, and all outcomes.
When the data will become available and for how long
All data will be published after the study is done
To whom data/document is available
Data will be made available to all researchers upon request
Under which criteria data/document could be used
Analyzed data and clinical results of treatment effect in patients are accessible
From where data/document is obtainable
Clinical trial registrar
What processes are involved for a request to access data/document
Request from the trial registrar by email
Comments