

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 May 2026

The effect of fish oil in oxidative stress indices in healthy pregnant women

Protocol summary

Summary

The objective of this study was to evaluate the effect of fish oil in oxidative stress indexes in healthy pregnant women. The patients were allocated into intervention or control method using block randomization method. The patients in the intervention group received 1000 mg fish oil as capsules (180mg EPA, 129mg DHA) daily since 16th gestational week of pregnancy until delivery. No intervention was recommended for the control group. Serum lipid peroxide, thiol group, and FRAP (Ferric reducing antioxidant plasma) was evaluated at gestational week 37-40.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902091557N3**
Registration date: **2010-05-29, 1389/03/08**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-05-29, 1389/03/08

Registrant information

Name

Katayon Vakilian

Name of organization / entity

Arak University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3502

Email address

k_vakili@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences and Health Services

Expected recruitment start date

2008-02-19, 1386/11/30

Expected recruitment end date

2008-10-21, 1387/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of fish oil in oxidative stress indices in healthy pregnant women

Public title

The effect of fish oil in oxidative stress indices in healthy pregnant women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: singleton pregnancy, age between 18-40, any acute or chronic diseases, prenatal care before 16th gestational week Exclusion criteria: Irregular or no consumption of omega 3, discontinued prenatal care, smoking

Age

From **18 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Arak University of Medical Sciences and Health Services

Street address

Arak University of Medical Sciences and Health Services, Sardasht st.

City

Arak

Postal code

Approval date

2007-11-28, 1386/09/07

Ethics committee reference number

266

Health conditions studied

1

Description of health condition studied

Abnormal findings on antenatal screening of mother

ICD-10 code

O28.1

ICD-10 code description

Abnormal biochemical finding on antenatal screening of mother

Primary outcomes

1

Description

lipid peroxide

Timepoint

38th week of pregnancy

Method of measurement

5 cc of venous blood

2

Description

The ability of plasma to reduce the Ferric Ions to the

Ferro

Timepoint

38th week of pregnancy

Method of measurement

5 cc of venous blood

Secondary outcomes

1

Description

Thiol group

Timepoint

38th week of pregnancy

Method of measurement

5 cc of venous blood

Intervention groups

1

Description

Omega 3, 1000mg (one capsule), since 16th week pregnancy to termination (week 40)

Category

Treatment - Drugs

2

Description

No supplementation

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Taleghani Hospital, Arak University of Medical Sciences and Health Services

Full name of responsible person

Street address

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Street address

Nursing and Midwifery collage, Arak University of Medical Sciences and Health Services, Sardasht st.

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak University of Medical Sciences and Health Services

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

Arak University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Position

Master Science degree of midwifery

Other areas of specialty/work

Street address

Nursing and Midwifery collage, Arak University of Medical Sciences and Health Services, Sardasht st.

City

Arak

Postal code

Phone

+98 86 1417 3502

Fax

Email

k_arakmu.ac.ircattyv2002@yahoo.com

Web page address

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Arak University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Position

Faculty Member

Other areas of specialty/work

Street address

Nursing and Midwifery collage, Arak University of Medical Sciences and Health Services, Sardasht st.

City

Arak

Postal code

Phone

+98 86 1417 3502

Fax

Email

K_vakili@arakmu.ac.ir cattyv2002@yahoo.com

Web page address

Person responsible for updating data

Contact

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