

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Evaluation of the effect of apple juice and carrot juice on duration of acute watery diarrhea in children

Protocol summary

Summary

Objectives: To assess the effect of apple juice and carrot juice on the duration of diarrhea in children with acute watery diarrhea. Design: A randomized clinical trial. Setting and conduct: The eligible patients with complaints of diarrhea referred to Shahid Beheshti Hospital will be enrolled into the trial. Inclusion criteria: Age 1-5 years, Acute watery diarrhea. Exclusion criteria: High fever ($T > 38.5^{\circ}\text{C}$), Severe dehydration, Bloody diarrhea, Severe malnutrition, Using of antibiotics or anti-diarrheal drugs, Patients with more than one complain, Immune deficiency. Intervention group 1: Oral administration of apple juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS. Intervention group 2: Oral administration of carrot juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS. Control group: Administration of ORS without fruit juice. Primary outcome: Duration of diarrhea by asking from patient or mother, frequency of diarrhea by asking from patient or mother.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016101711145N17**
Registration date: **2017-01-05, 1395/10/16**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-01-05, 1395/10/16

Registrant information

Name

Mohammad Reza Sharif

Name of organization / entity

Kashan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 5554 0026

Email address

sharif_m@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Research and Technology, Kashan University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

Expected recruitment end date

2017-12-22, 1396/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of the effect of apple juice and carrot juice on duration of acute watery diarrhea in children

Public title

Evaluation of the effect of apple juice and carrot juice on acute watery diarrhea in children

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age 1-5 years; Acute watery diarrhea

Exclusion criteria: High fever ($T > 38.5^{\circ}\text{C}$); Severe dehydration; Bloody diarrhea; Severe malnutrition; Using of antibiotics or anti-diarrheal drugs; Patients with more than one complain; Immune deficiency

Age

From **1 year** old to **5 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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 Kashan University of Medical Sciences

Street address

Kashan University of Medical Sciences, Ghotbe Ravandi Blvd, Kashan, Iran

City

Kashan

Postal code**Approval date**

2016-12-07, 1395/09/17

Ethics committee reference number

IR.KAUMS.REC.1395.95

Health conditions studied**1****Description of health condition studied**

Acute watery diarrhea

ICD-10 code

A09.9

ICD-10 code description

Gastroenteritis and colitis of unspecified origin

Primary outcomes**1****Description**

Duration of diarrhea

Timepoint

Daily

Method of measurement

Asking from patient or mother

2**Description**

Frequency of diarrhea

Timepoint

Daily

Method of measurement

Asking from patient or mother

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group 1: Oral administration of apple juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS.

Category

Treatment - Drugs

2**Description**

Intervention group 2: Oral administration of carrot juice 15 milliliters per kilogram of body weight every 12 hours for 5 days plus ORS.

Category

Treatment - Drugs

3**Description**

Control group: Administration of ORS without fruit juice.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Shahid Beheshti Hospital

Full name of responsible person

Dr. Mohammad Reza Sharif

Street address

Shahid Beheshti Hospital, Ghotbe Ravandi Blvd, Kashan, Iran

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor of Research and Technology, Kashan
University of Medical Sciences

Full name of responsible person

Dr. Gholam Ali Hamidi

Street address

Kashan University of Medical Sciences, Ghotbe
Ravandi Blvd, Kashan, Iran

City

Kashan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice Chancellor of Research and Technology, Kashan
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**

Kashan University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Sharif

Position

Associate Professor, Pediatric Infectious Diseases
Subspecialist

Other areas of specialty/work**Street address**

Kashan University of Medical Sciences, Ghotbe
Ravandi Blvd, Kashan, Iran

City

Kashan

Postal code

8715981151

Phone

+98 31 5554 0026

Fax

+98 31 5554 8900

Email

mrsharifmd@yahoo.com

Web page address

www.drsharif.ir

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

Kashan University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Sharif

Position

Associate Professor, Pediatric Infectious Diseases
Subspecialist

Other areas of specialty/work**Street address**

Kashan University of Medical Sciences, Ghotbe
Ravandi Blvd, Kashan, Iran

City

Kashan

Postal code

8715981151

Phone

+98 31 5554 0026

Fax

+98 31 5554 8900

Email

mrsharifmd@yahoo.com

Web page address

www.drsharif.ir

Person responsible for updating data

Contact**Name of organization / entity**

Kashan University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Sharif

Position

Associate Professor, Pediatric Infectious Diseases
Subspecialist

Other areas of specialty/work**Street address**

Kashan University of Medical Sciences, Ghotbe
Ravandi Blvd, Kashan, Iran

City

Kashan

Postal code

8715981151

Phone

+98 31 5554 0026

Fax

+98 31 5554 8900

Email

mrsharifmd@yahoo.com

Web page address

www.drsharif.ir

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