

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Comparing three types of iron supplementation in pregnant women

#### Protocol summary

##### Summary

Iron requirements increase during pregnancy and it causes risk of developing anemia. The present study aimed to compare the effects of daily, 3-times weekly and weekly regimens on hematological markers in non-anemic pregnant women. Serum ferritin, serum iron and Hb were measured for all pregnant women in their 14th week of gestation who attended the prenatal clinics. Women with Hemoglobin levels less than 11g/dL, chronic hematological disorders (Thalassemia, and etc.) and multiple pregnancies were excluded from the study. A hundred and fifty non-anemic pregnant women in their 16th week period of gestation entered the study. Patients were randomized in three groups and they matched by maternal age, number of pregnancies, income and education. First Group (n=50) received one ferrous sulfate tablet daily, second group (n=50) received 50mg ferrous sulfate tablet three times in a week and finally the third group (n=50) received 100mg ferrous sulfate tablets weekly. Markers were checked again at 28th week of pregnancy.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201101093820N1**  
Registration date: **2011-03-01, 1389/12/10**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-03-01, 1389/12/10

##### Registrant information

##### Name

Zinatalsadat Bouzari

##### Name of organization / entity

Babol university of medical sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 11 1223 4651

##### Email address

z\_b412003@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research and technology, Babol University of Medical Sciences

##### Expected recruitment start date

2006-01-01, 1384/10/11

##### Expected recruitment end date

2008-01-01, 1386/10/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Comparing three types of iron supplementation in pregnant women

##### Public title

Iron supplementation in pregnancy

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Non-anemia pregnant women in their 16th week period of gestation. Exclusion criteria: Women with Hemoglobin levels less than 11g/dL, chronic hematological disorders (Thalassemia, and etc.)

##### Age

From **17 years** old to **40 years** old

##### Gender

Female

##### Phase

3

### Groups that have been masked

No information

### Sample size

Target sample size: 150

### 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

Ethics committee of Babol University of Medical sciences

##### Street address

Gangafroz Avenue, Babol University of Medical sciences

##### City

Babol

##### Postal code

#### Approval date

2005-11-10, 1384/08/19

#### Ethics committee reference number

1027

## Health conditions studied

### 1

#### Description of health condition studied

Iron deficiency anaemia in pregnancy

#### ICD-10 code

D50.8

#### ICD-10 code description

Other iron deficiency anaemias

## Primary outcomes

### 1

#### Description

Hemoglobin

#### Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

#### Method of measurement

laboratory

### 2

#### Description

Serum iron

#### Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

#### Method of measurement

laboratory

### 3

#### Description

Serum ferritin

#### Timepoint

14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron treatment)

#### Method of measurement

laboratory

## Secondary outcomes

### 1

#### Description

Nausea and vomiting

#### Timepoint

12 week

#### Method of measurement

Questionnaire

## Intervention groups

### 1

#### Description

First group :50mg ferrous sulfate tablet daily

#### Category

Treatment - Drugs

### 2

#### Description

Second group: 50mg ferrous sulfate tablet three times in a week

#### Category

Treatment - Drugs

### 3

#### Description

Third group : 100mg ferrous sulfate tablet weekly

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Babol health centers

**Full name of responsible person**  
Dr Zinatossadat Bouzari  
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## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**  
Vice Chancellor for Research and Technology, Babol  
University of Medical Sciences  
**Full name of responsible person**  
Dr Ali Bijani  
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Gangafroz Avenue  
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**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 and Technology, Babol  
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**  
Fatemehzahra Fertility & reproductive Health  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

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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*