Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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Iran (Islamic Republic of)

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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 tretment)
Method of measurement
laboratory

2

Description
Serum iron
Timepoint
14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron tretment)
Method of measurement
laboratory

3

Description
Serum ferritin
Timepoint
14th week of pregnancy (before iron treatment), 28th week of pregnancy (after iron tretment)
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
Street address
Babol University of Medical Sciences
City
Babol

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
Street address
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 Research Center
Full name of responsible person
Dr Zahra Basirat
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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