Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Evaluating the Safety and Efficacy of Resveratrol as an Adjunctive Treatment in Hospitalized COVID-19 Patients: A Randomized Controlled Trial

Protocol summary

Study aim
To evaluate the safety and efficacy of resveratrol as an adjunctive treatment in hospitalized COVID-19 patients

Design
Randomized controlled clinical trial with parallel assignment

Settings and conduct
This study will be conducted at Razi Hospital, Ahvaz, Iran, from July to August 2020. Hospitalized patients with RT-PCR-confirmed COVID-19 will be assessed according to the inclusion and exclusion criteria and will then be randomly allocated to the intervention or control group

Participants/Inclusion and exclusion criteria
Participants: Adult hospitalized patients with RT-PCR-confirmed COVID-19 who require continuous oxygen therapy and have unilateral or bilateral pulmonary involvement. Inclusion criteria: Age ≥18 years, RT-PCR-confirmed COVID-19, hospitalization, requirement for continuous oxygen therapy, SpO_2 <93%, and unilateral or bilateral pulmonary involvement. Exclusion criteria: Renal failure, neurological disorders, and known allergy or hypersensitivity to resveratrol.

Intervention groups
Intervention group: Resveratrol 500 mg three times daily (TDS), in addition to standard COVID-19 care. Control group: Patients will receive standard COVID-19 treatment together with a placebo capsule identical in appearance to the resveratrol capsule

Main outcome variables
Length of hospital stay, measured from hospital admission to discharge

General information

Reason for update
This update is being made to correct and complete the information registered in the IRCT and to align the study protocol details with the final study information. Since this clinical trial was conducted during the early stages of the COVID-19 pandemic and under the specific circumstances of that period, some study details were initially registered based on the information and conditions available at that time. Following completion of the study and finalization of the study information, the details regarding the intervention, control group, eligibility criteria, study outcomes, and other methodological characteristics are being reviewed and updated. This update is intended to improve the accuracy, transparency, and consistency of the registered information in relation to the study conducted.

Acronym

IRCT registration information
IRCT registration number: **IRCT20200112046089N1**
Registration date: **2020-06-25, 1399/04/05**
Registration timing: **registered_while_recruiting**

Last update: **2026-10-12, 1405/07/20**
Update count: **1**

Registration date
2020-06-25, 1399/04/05

Registrant information
Name
Arash Alghasi
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 61 3374 3289
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arashalqasi@yahoo.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-06-14, 1399/03/25
Expected recruitment end date
2020-07-15, 1399/04/25
Actual recruitment start date
2020-06-14, 1399/03/25
Actual recruitment end date
2020-09-15, 1399/06/25
Trial completion date
empty

Scientific title
Evaluating the Safety and Efficacy of Resveratrol as an Adjunctive Treatment in Hospitalized COVID-19 Patients: A Randomized Controlled Trial

Public title
Resveratrol as an Adjunctive Treatment in Hospitalized COVID-19 Patients
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Age ≥18 years RT-PCR-confirmed COVID-19 Hospitalization due to COVID-19 Requirement for continuous oxygen therapy Arterial oxygen saturation (SpO_2) <93% Unilateral or bilateral pulmonary involvement Hospitalization within 48 hours of symptom onset
Exclusion criteria:
Renal failure Neurological disorders Known allergy or hypersensitivity to resveratrol
Age
From **18 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **60**
Actual sample size reached: **44**
Randomization (investigator's opinion)
Randomized
Randomization description
Eligible participants will be randomly allocated to either the intervention or control group using block randomization with blocks of 6 participants. The randomization sequence will be generated using WinPepi software, version 11.0. Each participant will be assigned a unique code (Uni Code) to maintain allocation concealment. Following randomization, participants will be allocated to either the resveratrol intervention group or the control group.
Blinding (investigator's opinion)
Double blinded
Blinding description
Participants and outcome assessors were blinded to the group allocation. To maintain blinding of the participants, the control group received a placebo capsule identical in appearance to the resveratrol capsule.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Ahvaz University of Medical Sciences
Street address
Golestan highway
City
Ahvaz
Province
Khouzestan
Postal code
15794-61357
Approval date
2020-05-16, 1399/02/27
Ethics committee reference number
IR.AJUMS.REC.1399.175

Health conditions studied

1

Description of health condition studied
COVID19
ICD-10 code
U07.1
ICD-10 code description
COVID-19, virus identified

Primary outcomes

1

Description
Length of hospital stay
Timepoint
From hospital admission until hospital discharge
Method of measurement
The length of hospital stay will be calculated as the duration from hospital admission to hospital discharge

Secondary outcomes

1

Description

Requirement for ventilatory support

Timepoint

During hospitalization

Method of measurement

The requirement for ventilatory support will be assessed based on the patient's clinical condition during hospitalization

2

Description

In-hospital mortality

Timepoint

During hospitalization

Method of measurement

Mortality will be assessed by recording the patient's survival or death during hospitalization

3

Description

C-reactive protein (CRP) level

Timepoint

Before and after the intervention

Method of measurement

CRP will be measured using peripheral blood samples collected before and after the intervention

4

Description

White blood cell count (WBC)

Timepoint

Before and after the intervention

Method of measurement

WBC will be measured using peripheral blood samples collected before and after the intervention

5

Description

Neutrophil count

Timepoint

Before and after the intervention

Method of measurement

Neutrophil count will be measured using peripheral blood samples collected before and after the intervention.

6

Description

Lymphocyte count

Timepoint

Before and after the intervention

Method of measurement

Lymphocyte count will be measured using peripheral blood samples collected before and after the intervention

7

Description

Lactate dehydrogenase (LDH) level

Timepoint

Before and after the intervention

Method of measurement

LDH will be measured using peripheral blood samples collected before and after the intervention

8

Description

Serum creatinine level

Timepoint

Daily during the study

Method of measurement

Serum creatinine will be assessed using peripheral blood samples and monitored daily for safety assessment

9

Description

Alanine aminotransferase (ALT) level

Timepoint

Daily during the study

Method of measurement

ALT will be assessed as part of liver function tests (LFTs) and monitored daily for safety assessment

10

Description

PRIEST score

Timepoint

Before and after the intervention

Method of measurement

The PRIEST score will be assessed according to the study protocol

Intervention groups

1

Description

Resveratrol 500 mg three times daily (TDS) in addition to standard COVID-19 care.

Category

Treatment - Drugs

2

Description

Placebo capsule resembling resveratrol in appearance, in addition to standard care for COVID-19

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi hospital

Full name of responsible person

Arash Alghasi

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Razi hospital, Felestin boulevard, Amanieh
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mohamad Badavi
Street address
Vice Chancellor of Research and Technology; Main building of Ahvaz University of Medical Science, Golestan highway
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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
Ahvaz 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
Ahvaz University of Medical Sciences
Full name of responsible person
Arash Alghasi
Position
Assistant Professor of Pediatric Hematology and Oncology
Latest degree
Subspecialist
Other areas of specialty/work
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Person responsible for updating data

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Latest degree
Subspecialist
Other areas of specialty/work
Pediatric Hematology and Oncology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available