

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Evaluation for the effect of supplemental Iron on educational achievement in “non anemic Iron deficient” girl students in department of Biology, faculty of sciences, University of Isfahan, in year 2011

Protocol summary

Summary

Aim: This is a double blind study, a supplemental Iron therapy versus placebo, aimed for evaluating the effect of supplemental iron therapy on the academic educational achievement. Population study: all the female students of the University of Isfahan, Faculty of science, Department of Biology, will be screened for iron status. Among this population, 80 students with Iron deficiency without anemia (normal hemoglobin concentration, but low serum ferritin level) will be selected for the second stage. Students with iron deficiency anemia will be treated and excluded from the study. Study design: all the female students of the Department of Biology, approx 300 individuals, will be included in the first stage of the study. As the frequency of iron deficiency without anemia is reported 35-40%, approx 120 students have chance to be included in the second stage of the study. Among them 80 students will be chosen with random computerized selection, and divided into two groups of intervention and control. The intervention group will receive 50 mg ferrous sulfate twice a day for 6 weeks, while the control group will receive placebo with the same dose. Serum ferritin level will be reassessed in both groups(to re-evaluate Iron status). The educational achievements of the aforementioned students will be compared before and after iron supplemental therapy in both groups. Assessments will be done by calculating the differences in students' marks regarding their semester reports using Chi square and Fisher tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201008254630N1**
Registration date: **2011-02-27, 1389/12/08**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2011-02-27, 1389/12/08

Registrant information

Name

Alireza Moafi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 913 318 1489

Email address

moafi@med.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-04-19, 1390/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation for the effect of supplemental Iron on educational achievement in “non anemic Iron deficient”

girl students in department of Biology, faculty of sciences, University of Isfahan, in year 2011

Public title

Effect of supplemental Iron on educational achievement

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1) all the female student who are studding in Isfahan university faculty of science, department of biology, in the second semester of year 1389-90, who have Iron deficiency without anemia (low ferritin but no anemia). Exclusion criteria: 1) anemia; 2) any chronic illness; 3) any obvious emotional or unexpected event during the trial (i.e. loss of family members, marriage, pregnancy...); 4) Refusal to be included in the clinical trial; 5) drug complications that may interfere with the use of iron supplement .

Age

No age limit

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic committee, Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezarjerib Ave.

City

Isfahan

Postal code**Approval date**

2011-01-30, 1389/11/10

Ethics committee reference number

189073

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

Iron deficiency without anemia

ICD-10 code

E61.1

ICD-10 code description

Iron deficiency

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

Educational ranking

Timepoint

Before intervention, and at the end of the semester (after the end of intervention)

Method of measurement

Marks mentioned in the semester report

Secondary outcomes**1****Description**

Complications of prescribing supplemental Iron

Timepoint

Every 3 weeks

Method of measurement

Asking question face to face

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

Intervention: Ferrous sulfate (50 mg Tab.) , 2 times per day, for 6 weeks

Category

Treatment - Drugs

2**Description**

Control group: placebo Tab, 2 times per day, for 6 weeks (same as Intervention group)

Category

Placebo

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

Health center of University of Isfahan

Full name of responsible person

Majid Ghias MD

Street address

University of Isfahan, Hezarjerib Ave.

City

Isfahan

<http://mui.ofis.ir/default.aspx?general&member=920>**Person responsible for scientific inquiries****Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Vice chancellor for research, Isfahan University of Medical Sciences

Full name of responsible person

Mohsen Jangorban MD

Street address

Vice chancellor for research, Isfahan University of Medical Sciences, Hezarjerib Ave.

City

Isfahan

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, Isfahan 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**

Isfahan University of Medical Sciences

Full name of responsible person

Alireza Moafi

Position

Pediatric Hematologist Oncologist

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

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Web page address<http://mui.ofis.ir/default.aspx?general&member=920>**Person responsible for updating data****Contact****Name of organization / entity**

Isfahan University of Medical Sciences

Full name of responsible person

Alireza Moafi

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Web page address<http://mui.ofis.ir/default.aspx?general&member=920>**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