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# Friso MUM, the activity of a health supplement during pregnancy and lactation

| Submission date | Recruitment status | [ ] Prospectively registered |
|---|---|---|
| 19/12/2005 | No longer recruiting | [ ] Protocol |
| **Registration date** | **Overall study status** | [ ] Statistical analysis plan |
| 19/12/2005 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [ ] Individual participant data |
| 07/01/2021 | Mental and Behavioural Disorders | |

**Plain English summary of protocol**
Not provided at time of registration

## Contact information

**Type(s)**
Scientific

**Contact name**
Dr Saskia A van Goor

**Contact details**
University Medical Center Groningen
Department of Pathology and Laboratory Medicine
Postblok CMC-V-1 floor
P.O. Box 30001
Groningen
Netherlands
9700 RB
+31 (0)50 3610399
s.a.van.goor@lc.umcg.nl

## Additional identifiers

## Study information

**Scientific Title**
The effect of high docosahexaenoic acid (DHA)-fish oil and arachidonic acid (AA) suppletion during pregnancy and lactation on long-chain polyunsaturated fatty acids (LCP) status of mother and child and on the neurological development of the baby

## Acronym
MUM

## Study objectives
Docosahexaenoic acid (DHA) and arachidonic acid (AA) during pregnancy shall lead to a better neurological development of the baby and possibly to better mood, cognitive functioning and sleeping rhythm of the mother.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Received from the local medical ethics committee

## Primary study design
Interventional

## Study design
Randomised double-blind, placebo controlled, parallel group trial

## Study type(s)
Treatment

## Health condition(s) or problem(s) studied
Developmental disorder

## Interventions
Everybody receives a multivitamin supplement (designed for pregnant women). As well as this we compare placebo versus DHA versus DHA/AA.

## Intervention Type
Drug

## Phase
Not Specified

## Drug/device/biological/vaccine name(s)
Docosahexaenoic acid (DHA), arachidonic acid (AA)

## Primary outcome(s)
Neurological development of the baby (Neurological Optimality Score and General Movements)

## Key secondary outcome(s)
1. Mood, cognitive functioning and sleeping rhythm of the mother
2. LCP status in red blood cells of mother (16th and 36th week) and child (12 weeks after birth), umbilical cord, breast milk (2 and 12 weeks after birth)

## Completion date
01/10/2007

# Eligibility

### Key inclusion criteria
1. Apparently healthy pregnant women
2. Para 0 or 1
3. Inclusion should take place prior to the 16th week of pregnancy

### Participant type(s)
Patient

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
Female

### Total final enrolment
119

### Key exclusion criteria
1. Hyperemesis Gravidarum
2. Vegetarian or vegan
3. Pregnant with twins
4. Diabetes Mellitus type 1
5. Usage of health supplements with fatty acids, tryptophan or melatonin

### Date of first enrolment
01/11/2004

### Date of final enrolment
01/10/2007

# Locations

### Countries of recruitment
Netherlands

### Study participating centre
**University Medical Center Groningen**
Groningen
Netherlands
9700 RB

# Sponsor information

**Organisation**
Friesland Foods (The Netherlands)

**ROR**
https://ror.org/025mtxh67

# Funder(s)

**Funder type**
Not defined

**Funder Name**
Not provided at time of registration

# Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**
Not provided at time of registration

**Study outputs**

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | results | 01/02/2009 | 07/01/2021 | Yes | No |