*primary studies - published RCT*

# Effects of probiotics on quality of life in children with cystic fibrosis; a randomized controlled trial.

**Code:** PM24910746 **Year:** 2013 **Date:** 2013 **Author:** Jafari SA

### Study design (if review, criteria of inclusion for studies)

Prospective, randomized, controlled clinical trial

### Participants

37 CF patients (2-12 years old)

### Interventions

Patients were randomly divided into two groups. 20 patients of probiotic group took probiotics (2x10(9)CFU/d) for one month while 17 patients of control group took placebo capsules.

### Outcome measures

Quality of life was determined using PedsQL4.0 questionnaire at the beginning, then three and six months after completing the treatment period. Rate of pulmonary exacerbation in probiotic group patients was also evaluated during three months after intervention and compared to the same three months of the previous year.

### Main results

Significant improvement was observed in the mean total score of parent reported quality of life among probiotic group patients in comparison with placebo group at 3(rd) month (P=0.01), but this was not significant at 6(th) month of probiotic treatment. Rate of pulmonary exacerbation was significantly reduced among probiotic group (P

### Authors' conclusions

Probiotics are considered as useful nutritional supplements on reducing number of pulmonary exacerbations and improving quality of life in patients with cystic fibrosis. Effects of probiotics seem to be temporary and probably continuous ingestion might have more stable improving effects on quality of life.

### See also

Iran J Pediatr. 2013 Dec;23(6):669-74.

### Keywords

Probiotics; Immunoregulatory; pharmacological_intervention;