

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 May 2026

### Assessment of Honey and Cinnamon mixture consumption for improving quality of life in breast cancer patients

#### Protocol summary

2014-09-29, 1393/07/07

##### Summary

The study was aimed to evaluate the effects of honey and cinnamon solution for the quality of life of patients with breast cancer. Inclusion criteria: patients with ages ranging from 20-60; with expectancy over 6 months; and their willingness to cooperate in the study. Exclusion criteria: allergic reactions to the drugs; psychopathic patients; chemotherapy or advised for chemotherapy in the next week. The overall quality of life and its sub categories were assessed during two phases; one week before and after receiving the solution the EORTC QLQ-C30 questionnaire were recorded. Patients were advised to mix one full spoon of honey with one teaspoon full cinnamon in boiling water and to be taking it 3 times a day for one week. During the study patients did not receive any anti-cancer intervention. Findings of this study were collected on the effects of honey and cinnamon on reducing limitations in long walking, power walking, daily rest needs, aid in personal care, limitation in undertaking daily routines and hobbies, Pain, No needs for rest, sleeping disorders, feeling weakness ,lack of appetite, constipation , tiredness, effects of pain in undertaking daily chores , feeling stressed , feeling worried, feeling irritable, depression and the overall improvement of life before and after using the solution. And then both of the questionnaires were compared.

##### Registrant information

###### Name

Dawood Aghamohammadi

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 41 1381 8940

###### Email address

aghamohammadid@tbzmed.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice chancellor for Research, Tabriz University of Medical Sciences

##### Expected recruitment start date

2013-06-22, 1392/04/01

##### Expected recruitment end date

2014-06-22, 1393/04/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Assessment of Honey and Cinnamon mixture consumption for improving quality of life in breast cancer patients

##### Public title

Effect of Honey and Cinnamon mixture on improving patient's quality of life

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201409081772N16**

Registration date: **2014-09-29, 1393/07/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

inclusion criteria: patients in rang of 20-60 Y/O; life expectancy more than 6 month; willingness to participation in the study

#### **Age**

From **20 years** old to **60 years** old

#### **Gender**

Female

#### **Phase**

3

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **60**

#### **Randomization (investigator's opinion)**

N/A

#### **Randomization description**

#### **Blinding (investigator's opinion)**

Not blinded

#### **Blinding description**

#### **Placebo**

Not used

#### **Assignment**

Single

#### **Other design features**

## **Secondary Ids**

empty

## **Ethics committees**

### 1

#### **Ethics committee**

##### **Name of ethics committee**

Tabriz university of medical science , reseach ethical committee

##### **Street address**

Daneshghah street/ Tabriz university of medical science/ Vice chancellor of reseach/ ethical committee

##### **City**

Tabriz

##### **Postal code**

#### **Approval date**

2013-09-23, 1392/07/01

#### **Ethics committee reference number**

9342

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Breast cancer

#### **ICD-10 code**

C50

#### **ICD-10 code description**

Malignant neoplasm of breast

## **Primary outcomes**

### 1

#### **Description**

Quality of Life

#### **Timepoint**

At first and at the seventh day of the study

#### **Method of measurement**

EORTC QLQ-C30 questionnaire

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Patients were advised to mix one full spoon of honey with one teaspoon full cinnamon in boiling water and to be take it 3 times a day for one week

#### **Category**

Other

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Imam Reza Hospital/Tabriz

##### **Full name of responsible person**

Dawood Aghamohammadi

##### **Street address**

Daneshghah street, Imam Reza Hospital

##### **City**

Tabriz

## **Sponsors / Funding sources**

### 1

#### **Sponsor**

##### **Name of organization / entity**

Vice Chancellor for Research, Faculty of Medicine,Tabriz University of Medical Sciences

##### **Full name of responsible person**

Hassan Soleimanpour

##### **Street address**

Vice Chancellor for Research-Tabriz University of Medical Sciencest- Daneshghah Street

##### **City**

Tabriz

#### **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, Faculty of Medicine,Tabriz

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**  
Anesthesiology Dept, Faculty of Medicine, Tabriz  
University of Medical Science  
**Full name of responsible person**  
Dawood Aghamohammadi  
**Position**  
Associate Professor  
**Other areas of specialty/work**  
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## Person responsible for scientific inquiries

### Contact

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## Person responsible for updating data

### Contact

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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*