

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

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.

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

2014-09-29, 1393/07/07

Registrant information

Name

Dawood Aghamohammadi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 41 1381 8940

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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

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
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Person responsible for updating data

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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