Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of Melatonin on the disability of multiple sclerosis patients

Protocol summary

Summary

Aim of this study is effect of Melatonin on fatigue in Multiple sclerosis in Valiasr hospital. This study is clinical trials and double blind with placebo.60 patient with multiple sclerosis in collaboration of Multiple sclerosis society province will be selected randomly. Inclusion criteria: multiple sclerosis with Mc.donald score; 18 to 50 years; expanded disability status scale (EDSS) 0 to 5.5.Exclusion criteria: pregnancy; use pulse Corticosteroids drug in 6 months ago; side effect of drug. We prescribe Interfron for controlling multiple sclerosis for all patients. We prescribe 3 milligram Melatonin for 12 weeks in intervention group and placebo for 12 weeks in control group. We use expanded disability status scale (EDSS). We check patients before treatment and 12 weeks after treatment by neurologist.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017072520258N55**
Registration date: **2017-08-07, 1396/05/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-08-07, 1396/05/16

Registrant information

Name
Fariba Farokhi
Name of organization / entity
Arak University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 86 3222 2003
Email address
f.farokhi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2015-04-25, 1394/02/05

Expected recruitment end date

2017-08-27, 1396/06/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Melatonin on the disability of multiple sclerosis patients

Public title

The effect of Melatonin on the disability of multiple sclerosis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: multiple sclerosis with Mc.donald score; 18 to 50 years; expanded disability status scale (EDSS) 0 to 5.5 Exclusion criteria: pregnancy; use pulse Corticosteroids drug in 6 months ago; side effect of drug; lack of routine monitoring of patients.

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size
Target sample size: **58**
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
Ethics committee Arak University Of Medical Sciences
Street address
Vice chancellor for research, Payambar azam complex, Basij squre, Sardasht, Arak
City
Arak
Postal code
38149578558
Approval date
2015-04-20, 1394/01/31
Ethics committee reference number
IR.ARAKMU.REC.1394.9

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
disability
Timepoint
before treatment and 12 weeks after treatment
Method of measurement
Disability Status Scale (EDSS)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: We prescribe 3 milligram Melatonin every night for 12 weeks.
Category
Treatment - Drugs

2

Description
In control group: We prescribe placebo for 12 weeks.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Multiple Sclerosis Society Province in Arak
Full name of responsible person
Dr Fardin Faraji
Street address
Shahid Rajaee ,Arak
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Arak University of Medical Sciences
Full name of responsible person
Dr Anoshirvani
Street address
Vice chancellor for research, Payambar Azam Complex, Basij square, Sardasht, Arak
City
Arak
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, Arak 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
Arak University of Medical Sciences
Full name of responsible person
Dr Aliakbar Maleki rad
Position
Faculty member
Other areas of specialty/work
Street address
medicine department, Payambarazam complex, Basij square, Sardasht, Arak
City
Arak
Postal code
3814957558
Phone
+98 86 3222 2003
Fax
+98 863222003
Email
malekirad@arakmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr Fardin Faraji
Position
Faculty member, Neurologist
Other areas of specialty/work
Street address
Valiasr hospital, Valiasr squre, Shahid Shirodi street, Arak
City
Arak
Postal code
3814957558
Phone
+98 634173638
Fax
+98 863222003
Email
Faraji@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Behnaz Khedmati alemi
Position
medicine student
Other areas of specialty/work
Street address
Payambar Azam Complex, Basij Square, Sardasht, Arak
City
Arak
Postal code
3814957558
Phone
+98 86332222003
Fax
+98 863222003
Email
behnaz.khedmati@gmail.com
Web page address

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