

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jun 2026

### The Effect of Energy Conservation Strategies on Cancer-Related Fatigue during breast cancer chemotherapy

#### Protocol summary

##### Summary

Aim of this study to determine the effect of energy conservation strategies on cancer related fatigue during breast cancer chemotherapy in Urmia in 2014. Inclusion criteria include women with breast cancer undergoing chemotherapy; age 20-60; familiarity with Persian; not having experience stressful events in the last 6 months; not having a mental illness; not having any systemic disease that is known to cause fatigue and exclusion criteria include having another cancer; having Under 20 years of age and over 60 years; unfamiliarity with Persian; having experience stressful events experienced in the last 6 months; having a mental illness; having any systemic disease that is known to cause fatigue. The sample size was 110. Intervention consist of implementation of energy conservation strategies for 6 weeks and determine the effect of this strategies after completion of the intervention

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015012520778N1**  
Registration date: **2015-04-19, 1394/01/30**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-04-19, 1394/01/30

##### Registrant information

###### Name

Fatemeh Moghaddam Tabrizi

###### Name of organization / entity

Uromia University of Medical sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 44 3275 4964

###### Email address

moghaddam.f@umsu.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Urmia Medical Science University

###### Expected recruitment start date

2014-10-21, 1393/07/29

###### Expected recruitment end date

2014-11-01, 1393/08/10

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

The Effect of Energy Conservation Strategies on Cancer-Related Fatigue during breast cancer chemotherapy

###### Public title

The Effect of Energy Conservation Strategies on Cancer-Related Fatigue

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion criteria:women with breast cancer undergoing chemotherapy; age 20-60; familiarity with Persian; not having experience stressful events in the last 6 months; not having a mental illness; not having any systemic disease that is known to cause fatigue and exclusion criteria: having another cancer; having Under 20 years of age and over 60 years; unfamiliarity with Persian; having experience stressful events experienced in the last 6 months; having a mental illness; having any systemic disease that is known to cause fatigue

**Age**

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

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **110**

**Randomization (investigator's opinion)**

Randomized

**Randomization description****Blinding (investigator's opinion)**

Not blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features**

-

**Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Uromia Medical University

**Street address**

Uromia Medical University, Setad Markazi, Jahad Ave,  
Resalat Bolvar

**City**

Uromia

**Postal code**

57147734

**Approval date**

2014-12-01, 1393/09/10

**Ethics committee reference number**

113685/4/93/6ب

**2****Ethics committee****Name of ethics committee**

Uromia medical university

**Street address**

Uromia- resalat bolvar- jahad Ave-

**City**

Uromia

**Postal code****Approval date**

2014-12-01, 1393/09/10

**Ethics committee reference number**

113685/4/93/ب

**3****Ethics committee****Name of ethics committee**

uromia medical university

**Street address**

Uromia- resalat bolvar- jahad Ave.- setad markazi -  
uromia medical university

**City**

Uromia

**Postal code****Approval date**

2014-11-05, 1393/08/14

**Ethics committee reference number**

113685/4/93/ب

**Health conditions studied****1****Description of health condition studied**

breast cancer patients undergoing chemotherapy

**ICD-10 code**

C50.0, C50

**ICD-10 code description**

C50.0 Nipple and areola- C50.1 Central portion of breast  
-C50.2 Upper-inner quadrant of breast - C50.3 Lower-  
inner quadrant of breast- C50.4 Upper-outer quadrant of  
breast - C50.5 Lower-outer quadrant of breast - C50.6  
Axillary tail of breast -C50.8 Overl

**Primary outcomes****1****Description**

fatigue

**Timepoint**

before and after intervention

**Method of measurement**

CFS questionnaire

**Secondary outcomes**

empty

**Intervention groups****1****Description**

The control group will not be Individual and group  
intervention sessions and sending SMS is energy  
conservation strategies. Energy conewrvation strategies  
to trains to do the work, consume less energy and use  
the energy efficiently and store it for important and  
higher priority affairs. Energy conewrvation strategies to  
trains to avoid unnecessary work. energy conservation  
Strategies will be presented in 6 session and the duration  
of each session will be 1.5 hours. Each group will consist  
of 10 persons.

**Category**

Lifestyle

## Recruitment centers

1

### Recruitment center

**Name of recruitment center**

Educational and Therapeutic Center of Omid of Urmia

**Full name of responsible person**

Atefe Madani

**Street address**

Farhang Town, Uromia

**City**

Urmia

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Urmia Medical Science University

**Full name of responsible person**

Mrs Ghaffarzade

**Street address**

Urmia; Setad markazi; Jahad Ave; Resalat Bolvar;

**City**

Urmia

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Urmia Medical Science University

**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**

Urmia Medical Science University

**Full name of responsible person**

Dr. Fatemeh Moghaddam Tabrizi

**Position**

Professor of Midwifery

### Other areas of specialty/work

**Street address**

Urmia Medical Science University, Sero, School of Nursing and Midwifery

**City**

Urmia

**Postal code**

**Phone**

+98 43 3275 4921

**Fax**

**Email**

moghaddam.f@umsu.ac.irfntabrizi@gmail.com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Urmia Medical Science University

**Full name of responsible person**

Dr. Fatemeh Moghaddam Tabrizi

**Position**

Professor of Midwifery

**Other areas of specialty/work**

**Street address**

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**Web page address**

## Person responsible for updating data

### Contact

## 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*