

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Evaluation of the effect of melatonin on biomarkers of mitochondrial damage in patients with brain injury hospitalized in Alzahra hospital, Isfahan: A randomized placebo-controlled clinical trial

Protocol summary

Study aim

Comparison the effect of Melatonin with the placebo on biomarkers of mitochondrial injury in patients with brain injury

Design

Randomized placebo-controlled, parallel group, double-blinded clinical trial

Settings and conduct

Setting: Intensive care units and neurology wards of Alzahra hospital affiliated to Isfahan University of Medical Sciences. Intervention: Patients with traumatic or non-traumatic brain injury will be randomized to the intervention group (will be received melatonin 20 mg per day for 5 days) or placebo and biomarkers of mitochondrial injury will be measured before and after intervention. Patient and the researcher who measured the study outcomes will be blinded until the completion of the study and the detection of its codes.

Participants/Inclusion and exclusion criteria

Adult patients with traumatic or non-traumatic brain injury will included in the study. Patients with length of hospitalization less than 5 days and hepatic, renal or heart failure will not be included in the study.

Intervention groups

Patients in the intervention group will receive Melatonin 20 mg (four 5 mg tablets) (Razak Co., Iran) for 5 days. Patients in the control group will receive placebo (which will produce by pharmacy faculty) with the same dose for 5 days.

Main outcome variables

The variables including S100 β and MDA and CRP will be measured and compared as the main outcomes in both groups of patients at day 1 and 5 of the study. To assess neurological status of the patients, the GCS will be examined daily until the fifth day. Cognitive-Functional status using (FIM+FAM) Functional Assessment Measure will be evaluated on the first day before the intervention

and three months after the intervention. The patient's mortality rate (28 days), the length of hospitalization and the number of days without ventilator (28 days) will also be assessed.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20081208001497N8**

Registration date: **2019-05-07, 1398/02/17**

Registration timing: **registered_while_recruiting**

Last update: **2019-05-07, 1398/02/17**

Update count: **0**

Registration date

2019-05-07, 1398/02/17

Registrant information

Name

Sarah Mousavi

Name of organization / entity

Clinical Pharmacy Department, Pharmacy Faculty, Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3792 2567

Email address

smousavi@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2020-04-20, 1399/02/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Evaluation of the effect of melatonin on biomarkers of mitochondrial damage in patients with brain injury hospitalized in Alzahra hospital, Isfahan: A randomized placebo-controlled clinical trial

Public title
Effect of Melatonin in brain injury

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Adult patients (age more than 18) who had traumatic brain injury included skull fracture, subdural hemorrhage, subarachnoid hemorrhage, brain contusion and laceration, intracerebral hemorrhage, intraventricular hemorrhage and traumatic axonal injury
 Non-traumatic brain injury included strokes, infections, hypoxia and brain tumors Admission within 72 hours after brain injury in intensive care unit or other wards such as neurology or neurosurgery
 Healthy gastrointestinal tract (capable of oral ingestion or gavage of drug)
Exclusion criteria:
 Length of hospitalization less than 5 days in intensive care units or other wards
 Hypersensitivity to melatonin
 Hepatic failure (class C according to Child-pugh)
 Renal failure (need dialysis)
 Severe heart failure (Class 3 and 4 according to Newyork heart association)
 Sepsis within first 5 days of admission

Age
From **18 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
After the preparation of Melatonin and its placebo, each packet is assigned a code using the random number table, and the two codes are allocated to the drug and the placebo. Block randomization will performed in random blocks of four. At the end of the study, the code of each patient is decoded and the type of drug is determined.

Blinding (investigator's opinion)
Double blinded

Blinding description
Patient and the researcher who measuring the study outcomes are blind to the distribution of patients in the melatonin and placebo groups until the completion of the study and the detection of its codes.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, P.O. Box 319, Hezar-Jerib Ave.

City

Isfahan

Province

Isfahan

Postal code

81746 73461

Approval date

2019-05-04, 1398/02/14

Ethics committee reference number

IR.MUI.RESEARCH.REC.1398.032

Health conditions studied

1

Description of health condition studied

Brain injury

ICD-10 code

S06

ICD-10 code description

Intracranial injury

Primary outcomes

1

Description

Changes in bio markers of mitochondrial injury

Timepoint

Day 1 and 5 of intervention

Method of measurement

Elisa kit

Secondary outcomes

1

Description

Mortality rate of patients

Timepoint

28 days

Method of measurement

Observation

Intervention groups

1

Description

Intervention group: Patients in drug group will be received Melatonin tablet (Razak Pharmaceutical company, Tehran, Iran), 20 mg daily for 5 days.

Category

Prevention

2

Description

Control group: Patients in control group will be received Melatonin tablet (Prepared in pharmacy faculty), 20 mg daily for 5

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital

Full name of responsible person

Sarah Mousavi

Street address

Hezar Jerib avenue, Isfahan University of Medical Sciences, Alzahra Hospital

City

Isfahan

Province

Isfahan

Postal code

81746 73461

Phone

+98 31 3792 7072

Email

s.mousavi@pharm.mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Research deputy of Isfahan University of Medical Sciences

Street address

Hezar Jerib avenue, Isfahan University of Medical Sciences, Isfahan

City

Isfahan

Province

Isfahan

Postal code

81746 73461

Phone

+98 31 3792 7072

Email

s.mousavi@pharm.mui.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Sarah Mousavi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

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inquiries

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Person responsible for updating data

Contact

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Esfahan University of Medical Sciences

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

confidential

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Published article

When the data will become available and for how long

One year

To whom data/document is available

All people

Under which criteria data/document could be used

No condition

From where data/document is obtainable

Scientific responded of the study

What processes are involved for a request to access data/document

Email to corresponding author

Comments