

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of standardized cinnamon capsules on quality of life and fatigue of Multiple Sclerosis patients referring to Khuzistan M.S society

#### Protocol summary

##### Summary

The aim of this study is evaluation of standardized cinnamon capsule's clinical effect on MS patient's quality of life and fatigue. This study is a double blind clinical trial in two groups of drug and placebo. Sample size of study is 60 and randomly 30 of them put in drug group and 30 of them put in placebo group. (Including criteria's: proved MS disease according to clinical examination and disease history, Expanded Disability Status Scale (EDSS) score 2 - 5.5, had a regular drug therapy and no change in drugs for last 4 weeks) (Excluding criteria's: history of drug or alcohol abuse, pregnancy or lactation during the last 12 months, renal or liver failure, and steroid therapy during last two months, another neurologic disease except MS, cardiovascular disease, or infection and sensitivity to cinnamon) patients will observe for 3 months, Each capsule contains 0.5 g dried cinnamon powder that patient eats four capsules a day. (Every 6 hours). Assessment of patient will be with standardized questionnaires MSQOL-54, FSS.

#### General information

##### Acronym

M.S

##### IRCT registration information

IRCT registration number: **IRCT201312024610N2**

Registration date: **2013-12-19, 1392/09/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-12-19, 1392/09/28

##### Registrant information

**Name**

Foroogh Namjooyan

##### Name of organization / entity

School of pharmacy

##### Country

Iran (Islamic Republic of)

##### Phone

+98 61 1373 8380

##### Email address

f.namjooyan@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Deputy of Research, Ahvaz Jundishapur University of Medical Sciences

##### Expected recruitment start date

2013-01-01, 1391/10/12

##### Expected recruitment end date

2013-09-02, 1392/06/11

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of standardized cinnamon capsules on quality of life and fatigue of Multiple Sclerosis patients referring to Khuzistan M.S society

##### Public title

Effect of cinnamon supplement on multiple sclerosis patients

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Including criteria's: proved MS disease according to clinical examination and disease history; Expanded Disability Status Scale (EDSS) score 2 - 5.5; had a regular drug therapy and no change in drugs for last 4

weeks. Excluding criteria's: history of drug or alcohol abuse, pregnancy or lactation during the last 12 months, renal or liver failure; and steroid therapy during last two months; another neurologic disease except MS; cardiovascular disease; or infection and sensitivity to cinnamon.

**Age**

From **20 years** old to **50 years** old

**Gender**

Both

**Phase**

3

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **60**

**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**

Ahvaz Jundishapur University of Medical Sciences

**Street address**

Pharmacy School, Jundishapur University of Medical Sciences, Golestan street, Jundishapur Medical University Campus, Ahvaz, Iran

**City**

Ahvaz

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

2012-07-16, 1391/04/26

**Ethics committee reference number**

eth-540

**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**

fatigue

**Timepoint**

1 month

**Method of measurement**

questionnaire

**Secondary outcomes****1****Description**

quality of life

**Timepoint**

1 month

**Method of measurement**

questionnaire

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

intervention 1: patient in drug group every 6 hour eat 1 drug capsule. examination will be with questionnaire in first day and end of first, second and third month.

**Category**

Treatment - Drugs

**2****Description**

intervention 2: patient in placebo group every 6 hour eat 1 placebo capsule. examination will be with questionnaire in first day and end of first, second and third month.

**Category**

Placebo

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Khuzistan MS Assosiasion

**Full name of responsible person**

Dr. Nastaran Majdi Nasab

**Street address**

School of Rehabilitation, Ahvaz Jundishapur University of Medical Sciences

**City**

Ahvaz

**Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Dr. Mostafa Feghhi

**Street address**

Deputy of Research, Ahvaz Jundishapur University of Medical Sciences

**City**

Ahvaz

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Ahvaz Jundishapur 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**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Dr. Foroogh Namjooyan

**Position**

pharmacognosy Ph.D, pharmacognosy department, school of pharmacy

**Other areas of specialty/work****Street address**

Pharmacognosy Department, School of Pharmacy, Ahvaz Jundishapur University of Medical Sciences

**City**

Ahvaz

**Postal code****Phone**

+98 61 1373 8380

**Fax**

+98 61 1373 8381

**Email**

forooghnamjooyan@yahoo.comnamjooyan@yahoo.com

**Web page address**

### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Dr.Foroogh Namjooyan

**Position**

Ph.D

**Other areas of specialty/work****Street address**

Pharmacognosy Department, School of Pharmacy, Ahvaz Jundishapur University of Medical Sciences

**City**

Ahvaz

**Postal code****Phone**

+98 61 1373 8380

**Fax****Email**

forooghnamjooyan@yahoo.com

namjooyan@yahoo.com

**Web page address**

### Person responsible for updating data

**Contact****Name of organization / entity**

Ahvaz Jundishapur University of Medical Sciences

**Full name of responsible person**

Rahil Ghanavati

**Position**

Pharmacy student

**Other areas of specialty/work****Street address**

School of Pharmacy,Ahvaz Jundishapur University of Medical Sciences

**City**

Ahvaz

**Postal code****Phone**

00

**Fax****Email**

ghanavati.r@ajums.ac.ir rahil\_ghanavati@yahoo.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*