

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 eat 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)

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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

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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

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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

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Full name of responsible person

Rahil Ghanavati

Position

Pharmacy student

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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