

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jul 2026

Two-year follow up of a Randomized, Controlled Trial: the Effects of Melatonin on Fatigue Associated with Breast Cancer and Its Adjuvant Treatments

Protocol summary

Study aim

Determining the Effect of Melatonin in Decreasing Fatigue associated with Adjuvant Radiation therapy and Chemotherapy in Breast Cancer Patients follow up

Design

Phase 2-3 clinical trial with 64 patients with control group, with parallel groups, triple blinded, with a randomized block design

Settings and conduct

Female patients with breast cancer, stages I to III admitted at Mahdih Diagnostic and Therapeutic Center and Besat Hospital for adjuvant radiation therapy and chemotherapy during 1398, were selected using simple randomization method and with full explanation of the study and and Written consent. The admitted patients were randomly (randomly blocked) treated with melatonin or placebo (control group). for blinding ,melatonin and the placebo were placed in similar envelopes in a matte package numbered consecutively. Blocking and preparation of envelopes was done by a non-involved person in data sampling and analysis, and thus the health care provider, the data collector, the participant and the person analyzing the data, were not aware of the intervention type received, and Who is located in each group. in this study, the patients have been followed up for 2 years still taking melatonin in the case group and placebo in the control group

Participants/Inclusion and exclusion criteria

Female breast cancer patients with stage I-III(AJCC) who receive adjuvant chemotherapy and radiation therapy.

Intervention groups

Admitted patients will be randomly assigned to melatonin or placebo(control). Oral melatonin 6 mg (in the form of 2 capsules of 3 mg) will be taken every night from 3-7 days before the start of adjuvant treatment for up to 2 years. Following the previous study, patients

have been followed up for 2 years, still taking melatonin in the case group and placebo in the control group.

Main outcome variables

Fatigue severity

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180426039421N3**

Registration date: **2022-07-17, 1401/04/26**

Registration timing: **retrospective**

Last update: **2022-07-17, 1401/04/26**

Update count: **0**

Registration date

2022-07-17, 1401/04/26

Registrant information

Name

Zahra Kesht pour amlashi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 1076

Email address

z.keshtpour@edu.umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-03-20, 1399/01/01

Expected recruitment end date

2022-03-21, 1401/01/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Two-year follow up of a Randomized, Controlled Trial: the Effects of Melatonin on Fatigue Associated with Breast Cancer and Its Adjuvant Treatments

Public title
follow up of Effects of Melatonin on Fatigue Associated associated with radiotherapy and chemotherapy

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Breast Cancer Stages I, II, III According to Pathological Reports Patients at least 18 Years Old Have Signed a Written Consent Recevieng Adjuvant Chemotherapy and Radiotherapy No Untreated Hypercalcemia No Systolic Blood Pressure Less Than 100 mm Hg No Warfarin Consumption No Methylphenidate Consumption No Sleep Pills During Melatonin Use No TSH>5/5 or <0/5 No Pregnancy or Breastfeeding
Exclusion criteria:
Not signing a written consent

Age
From **18 years** old

Gender
Female

Phase
2-3

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size
Target sample size: **64**

Randomization (investigator's opinion)
Randomized

Randomization description
Any number of female breast cancer patients with stages I to III (according to the AJCC system) will be selected using a simple randomization method and randomly entered patients (random block) will be treated with melatonin or placebo (control group). . With the easy sampling method, eligible ones are randomly divided into intervention and control groups. In this study, allocation of people to two groups will be done using permuted block technique. In this method, A represents the person who receives the intervention and B represents the person who is placed in the control group. Considering the quadruple block; We give code 0 to AABB permutation, code 1 to ABAB permutation, code 2 to ABBA, code 3 to BAAB, code 4 to BBAA and code 5 to BABA. Then, using the table of random numbers, we will randomly choose a starting point and then consider

21 numbers in rows or columns. Considering the order of the numbers in the table, for each number that we come across, we will assign its permutation, for example, if the first three numbers in the table of random numbers are 1, 0, and 5, then the order of receiving treatment by the first 12 people in the two groups, from left to right will be ABABAABBBABA. Therefore, finally, by choosing the appropriate number of numbers from the table, all the samples will be allocated into two groups

Blinding (investigator's opinion)

Triple blinded

Blinding description

Blinding includes: Participants(patients) Clinical care provider(radiotherapy-oncology physicians and chemotherapy nurses) Researcher and evaluator of the outcome and data analyzer: (radiotherapy-oncology physician) In order to hide allocation, medicine and placebo are put in similar envelopes in the opaque package, which have been numbered. Blocking and preparation of envelopes are performed by a non-involved person in data sampling and analysis. Thus, the clinical care provider, the data collector, the participant and the data analyst, are unaware of the type of intervention received and who is located in each group.

Placebo

Used

Assignment

Parallel

Other design features

Following the previous trial, in this study patients were followed up. During 2 years follow-up, patients were still taking melatonin in the case group and placebo in the control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Hamedan University of Medical Sciences

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Street, Hamedan

City

Hamedan

Province

Hamadan

Postal code

6517838678

Approval date

2022-01-22, 1400/11/02

Ethics committee reference number

IR.UMSHA.REC.1400.813

Health conditions studied

1

Description of health condition studied

Breast Cance; Cancer Related Fatigue; Melatonin

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes

1

Description

Fatigue severity in the BFI questionnaire

Timepoint

2 years after last adjuvant treatment session

Method of measurement

Brief Fatigue Inventory(BFI) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Oral Melatonin drug 6 mg(2 capsule of 3 mg) will be taken every night from 3 to 7 days before the start of the adjuvant treatment up to 2 years later.

Category

Rehabilitation

2

Description

Control group: The placebo will be taken every night from 3 to 7 days before the start of the adjuvant treatment until 2 years later

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Mahdieh Diagnostic and Treatment Center

Full name of responsible person

Abdolazim Sedighi Pashaki

Street address

Mahdieh Diagnostic and Treatment Center, Parastar Ave., Besat Blvd.

City

Hamedan

Province

Hamadan

Postal code

8138381225

Phone

+98 81 3838 0044

Email

hmmahdiyeh@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

mohammad mahdi majzooobi

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Street, Hamedan

City

Hamedan

Province

Hamadan

Postal code

6517838678

Phone

+98 81 3252 0183

Email

ICT@umsha.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Zahra Keshtpour Amlashi

Position

Assiatant professor

Latest degree

Specialist

Other areas of specialty/work

Radiotherapy

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Street, Hamedan

City

Hamadan

Province

Hamadan

Postal code

6517838678

Phone

+98 81 3838 1076

Fax**Email**

z.keshtpour@edu.umsha.ac.ir

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Zahra KeshtPour Amlashi

Position

assistant professor

Latest degree

Specialist

Other areas of specialty/work

Radiotherapy

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Street, Hamedan

City

Hamadan

Province

Hamadan

Postal code

8138381225

Phone

+98 81 3838 1076

Email

z.keshtpour@edu.umsha.ac.ir

Person responsible for updating data**Contact****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Zahra KeshtPour Amlashi

Position

assistant professor

Latest degree

Specialist

Other areas of specialty/work

Radiotherapy

Street address

MRI and Radiotherapy Center of Mahdie, Parastar Ave., Besat Blvd.

City

Hamadan

Province

Hamadan

Postal code

8138381225

Phone

+98 81 3838 1076

Email

z.keshtpour@edu.umsha.ac.ir

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

there is no more information

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available