

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effect of Melatonin on Increasing The Health-Related Quality of Life in Female Patients with Non-metastatic Breast Cancer: Three-year Follow up a Clinical Trial

Protocol summary

Study aim

Three-year Follow up of The Effect of Melatonin on Increasing The Health-Related Quality of Life in Female Patients with Non-metastatic Breast Cancer

Design

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

Settings and conduct

Female patients with breast cancer, stage I to III admitted at Mahdiah Diagnostic and Therapeutic Center and Besat Hospital in Hamadan for adjuvant radiation therapy and chemotherapy during 1398, were selected using a simple randomization method and with a full explanation of the study and written consent. The admitted patients were randomly treated with melatonin or a 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 3 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 3 years. Following the previous study, patients have been followed up for 3 years, still taking melatonin

in the case group and placebo in the control group.

Main outcome variables

Quality of Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221205056712N1**

Registration date: **2023-03-15, 1401/12/24**

Registration timing: **registered_while_recruiting**

Last update: **2023-03-15, 1401/12/24**

Update count: **0**

Registration date

2023-03-15, 1401/12/24

Registrant information

Name

Fateme Sheida

Name of organization / entity

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-03-20, 1399/01/01

Expected recruitment end date

2023-03-21, 1402/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Melatonin on Increasing The Health-Related Quality of Life in Female Patients with Non-metastatic Breast Cancer: Three-year Follow up a Clinical Trial

Public title

follow up of Effects of Melatonin on Health-Related Quality of Life

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 Receiving Adjuvant Chemotherapy and Radiotherapy

Exclusion criteria:

Not signing a written consent Untreated Hypercalcemia Systolic Blood Pressure Less Than 100 mm Hg Warfarin Consumption Methylphenidate Consumption Consumption of sleep Pills During Melatonin Use TSH>5/5 or <0/5 Pregnancy or Breastfeeding

AgeFrom **18 years** old**Gender**

Female

Phase

2-3

Groups that have been masked

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

Sample sizeTarget 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, the 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 the AABB permutation, code 1 to the ABAB permutation, code 2 to ABBA, code 3 to BAAB, code 4 to BBAA and code 5 to 9 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) The 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 has 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 3 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 Hamadan University of Medical Sciences

Street address

Hamedan University of Medical Sciences, Shahid Fahmideh Street, Hamedan

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6517838678

Approval date

2023-01-21, 1401/11/01

Ethics committee reference number

IR.UMSHA.REC.1401.903

Health conditions studied

1

Description of health condition studied

Breast Cancer; Health Related Quality of Life; Melatonin

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes

1

Description

Quality of life

Timepoint

3 years after last adjuvant treatment session

Method of measurement

European Organization for the Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30)

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 3 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 3 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.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Mohammad Mahdi Majzoobi

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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

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

Fateme Sheida

Position

Medical student (Intern)

Latest degree

A Level or less

Other areas of specialty/work

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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

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