

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Comparison of the effect of zinc supplement along with finasteride and zinc supplement alone in the treatment of patients with hair loss and a history of covid-19 infection

Protocol summary

Study aim

Determining the comparative effect of zinc supplementation along with finasteride and zinc supplementation alone on the treatment of patients suffering from hair loss after contracting covid-19 who referred to Booali Hospital in Tehran in 2023

Design

The clinical trial, with parallel groups, double-blind, simple randomized, phase 4, is conducted on 64 patients referred to the skin clinics of the Islamic Azad University Hospitals from June to August of 2023.

Settings and conduct

The study subjects will be selected from among the patients with noticeable hair loss and a history of covid-19 infection for at least the last six months who referred to the skin clinics of Booali Hospital in Tehran in 2023, who meet the inclusion criteria, so that the sample size is equal to the number of cases. comment Then the patients are divided into two simple random double-blind groups that are matched with each other in terms of age, gender and underlying disease.

Participants/Inclusion and exclusion criteria

All those who have been infected with Covid-19 for more than 6 months Noticeable hair loss Age 20 to 55 years Consent of the person to participate in the study Patients treated with other drugs to control hair loss Suffering from mental disorders such as anxiety and depression

Intervention groups

Intervention group 1: For three months, they take one finasteride tablet of 5 mg after breakfast and one zinc sulfate tablet containing 10 mg of zinc elemental after lunch. Intervention group two: During the same period of time, they take one zinc sulfate tablet containing 10 mg of zinc elemental after lunch. All patients are evaluated for the amount of hair loss after three months of intervention.

Main outcome variables

The effect of zinc supplementation along with finasteride and zinc supplementation alone on the treatment of hair loss patients with a history of covid-19

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230531058350N1**

Registration date: **2023-06-13, 1402/03/23**

Registration timing: **registered_while_recruiting**

Last update: **2023-06-13, 1402/03/23**

Update count: **0**

Registration date

2023-06-13, 1402/03/23

Registrant information

Name

Pegah Raeisi Fard

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2200 6660

Email address

pegah.raeisifard@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-10, 1402/03/20

Expected recruitment end date

2023-07-11, 1402/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of zinc supplement along with finasteride and zinc supplement alone in the treatment of patients with hair loss and a history of covid-19 infection

Public title

Investigating the effect of finasteride and zinc supplement on hair loss after covid-19 infection

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

All those who have been infected with Covid-19 for more than 6 months Noticeable hair loss

Exclusion criteria:**Age**

From **20 years** old to **55 years** old

Gender

Both

Phase

4

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

The table of random numbers is prepared and by placing a hand on a number randomly and moving the hand in one of the predetermined directions, each person is given a number. People who have even numbers in will be in intervention group A and individual numbers will be in the group Intervention B.

Blinding (investigator's opinion)

Double blinded

Blinding description

The participants in both groups and the researcher remain unaware of how the type of drug is allocated during the study. The patient is informed that there are two types of drug packages in a study and they will receive one of them randomly. Both are similar in packaging and have no difference.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Research Ethics Committees of Tehran Islamic Azad University Of Medical Sciences

Street address

Tehran Islamic Azad University of Medical Sciences, Khaghani St, Shariati Ave

City

TEHRAN

Province

Tehran

Postal code

19499160112

Approval date

2022-10-01, 1401/07/09

Ethics committee reference number

IR.IAU.TMU.REC.1401.252

Health conditions studied**1****Description of health condition studied**

hair loss

ICD-10 code

L65.9

ICD-10 code description

Nonscarring hair loss, unspecified

Primary outcomes**1****Description**

Determining the comparative effect of zinc supplementation along with finasteride and zinc supplementation alone on the treatment of patients with hair loss after contracting the covid-19 disease

Timepoint

Three months after the intervention

Method of measurement

The opinion of two dermatologist separately

Secondary outcomes

empty

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

Intervention group: For three months, receiving one finasteride 5 mg tablet after breakfast and one zinc sulfate tablet containing 10 mg zinc elemental after lunch.

Category

Treatment - Drugs

2

Description

Intervention group: For three months, take one tablet of zinc sulfate containing 10 mg of elemental zinc after lunch

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Booali hospital

Full name of responsible person

Hoda Ghoreshi Rad

Street address

Booali Hospital, Damavand St., Imam Hossein Square

City

Tehran

Province

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Postal code

1711734365

Phone

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Email

booali.hospital96@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Farshad Hashemian

Street address

Tehran Islamic Azad University of Medical Sciences ,
Khaghani St, Shariati Ave

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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

Islamic Azad University

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

Islamic Azad University

Full name of responsible person

Hoda Ghoreshi Rad

Position

Associate professor

Latest degree

Specialist

Other areas of specialty/work

Dermatology

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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 are currently no plans to publish.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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