

# 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

Tehran

##### Postal code

1711734365

##### Phone

+98 21 3334 8036

##### Fax

+98 21 3378 6182

##### 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

##### City

Tehran

##### Province

Tehran

##### Postal code

1916893813

##### Phone

+98 21 2200 6660

##### Email

chancellor@iautmu.ac.ir

##### 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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Booali Hospital, Damavand St., Imam Hossein Square

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drghoreishirad@gmail.com

## Person responsible for scientific inquiries

### Contact

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Islamic Azad University

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Associate professor

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## Person responsible for updating data

### 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  
**Street address**  
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**City**  
Tehran  
**Province**  
Tehran  
**Postal code**

## 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