

Low Dose Naltrexone for the treatment of long COVID-19

ACTRN12623001042639

Status	RECRUITING
Phase	Phase 1
Sponsor	Griffith University
Enrollment	56 participants

Plain Language Summary

Long COVID — the persistence of debilitating symptoms for months after a COVID-19 infection — can include brain fog, fatigue, sleep problems, and chronic pain. For many people, these symptoms significantly interfere with work and daily life, and there are currently few proven treatments. This trial is investigating whether low dose naltrexone (LDN), a medication typically used at high doses for opioid addiction but used off-label at very low doses for pain and inflammatory conditions, can help.

In this 12-week double-blind placebo-controlled trial, participants with long COVID will receive either LDN (at one of several low doses) or a placebo. Researchers will track changes in cognitive symptoms, sleep, body pain, and quality of life. All assessments are completed through online questionnaires, making participation accessible from home.

You may be eligible if you are aged 18–65, were diagnosed with COVID-19 at least three months ago, still have symptoms including brain fog, sleep disturbance, or body pain, and do not currently use opioid medications. People with pre-existing chronic pain, ME/CFS, active cancer, certain inflammatory conditions, or history of anxiety or depression are not eligible. The study is run by Griffith University.

Key Eligibility Criteria

Inclusion (2)

- Participants with long COVID according to the World Health Organization working case definition (Individuals with a history of probable or confirmed SARS-CoV-2 (COVID-19) three months from COVID-19 onset with symptoms lasting at least two months).
- Present with symptoms including cognitive disturbances (brain fog), sleep disturbances, and/or body pain.

Exclusion (16)

- i. Current respiratory infections
- ii. Intercurrent SARS-CoV-2 reinfection during trial period (this will be considered drop-out)
- iii. Previous clinical diagnosis of ME/CFS
- iv. Chronic pain history prior to long COVID onset
- v. Adverse reaction to LDN or compounded constituents

... and 11 more (see full listing online)

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623001042639>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](https://www.anzctr.org.au). Generated by [ClinicalTrialsFinder.org](https://www.clinicaltrialsfinder.org).