

# Take the Reins: The Effects of Nutrient Timing on Cancer-related Fatigue

NCT06482515

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Status	RECRUITING
Phase	Phase 2
Sponsor	University of Maryland, Baltimore
Enrollment	96 participants

## Key Eligibility Criteria

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### Inclusion (9)

- Have a diagnosis of a hematologic neoplasm (e.g., leukemia, lymphoma, multiple myeloma);
- Be at least 2 months post-treatment with chemotherapy, radiation, targeted therapy, chimeric antigen receptor (CAR)-T cell therapy, stem cell transplant, or another therapy (maintenance therapies are okay; steady unchanged treatment for relapsed disease for >2 months and expected to stay on it until progression is okay);
- Have a baseline level of fatigue, as determined by at least one of the following:
- Reporting a score of 4 or higher in response to the question, "What was your worst fatigue in the last week, on a scale of 0-10, where 0 is no fatigue and 10 is the worst fatigue?"
- In the habit of taking daytime naps,
- ... and 4 more (see full listing online)

### Exclusion (7)

- Be underweight, as defined as a body mass index <18.5 kg/m<sup>2</sup>;
- Already eat all their food within a window that is 10 h or shorter most (6/7) days of the week;
- Be employed in a job where they regularly work away from the home at night (e.g., night shift);
- Have surgery planned during the study duration;
- Have any contraindications to the proposed nutrition intervention as identified by their medical provider, their designee, or the study team (e.g., type 1 diabetes, risk for hypoglycemia, medication requirements, pregnancy, breastfeeding, recent history of an eating disorder);
- ... and 2 more (see full listing online)

## Locations (1 total)

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University of Maryland, Baltimore, Baltimore, Maryland, United States