Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Evaluating the effectiveness of zinc Sulfate in Improvement in Depressive Symptoms in Patients Treated with Selective Serotonin Reuptake inhibitors in Ahvaz Golestan Hospital

Protocol summary

Summary

To evaluate the effectiveness of zinc sulfate in improving depression symptoms in patients treated with selective serotonin Reuptake inhibitors in Ahvaz Golestan Hospital. A clinical demographic questionnaire will be conduct based on information obtained from the patients and their records which include items on age, education, marital status, sex, presence of other diseases such as hypertension, high cholesterol, diabetes, chronic liver failure, and kidney and lung disease. Beck Depression Inventory (BDI) will perform at baseline to measure patients' depression. Patients with a score of 13 and higher and those who are treated with SSRI drugs for at least 3 months will be enrolled. The patients will be divided randomly into two groups of 30. One group will receive selective serotonin inhibitors (20-60 mg of citalopram or 50-200 mg of sertraline) plus zinc sulfate (25 mg daily), while the other group will receive selective inhibitors (20-60 mg of citalopram or 50-200 mg of sertraline) with placebo (25 mg of malt dextrose daily). Patients will be tested at weeks 2, 4, 6 and 8 to estimate the depression and functional level, using the BDI.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012110411363N1**
Registration date: **2017-10-04, 1396/07/12**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-10-04, 1396/07/12

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2016-04-04, 1395/01/16

Expected recruitment end date

2017-05-23, 1396/03/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effectiveness of zinc Sulfate in Improvement in Depressive Symptoms in Patients Treated with Selective Serotonin Reuptake inhibitors in Ahvaz Golestan Hospital

Public title

Evaluating the effectiveness of zinc Sulfate in Improvement in Depressive Symptoms in Patients Treated with Selective Serotonin Reuptake inhibitors in Ahvaz Golestan Hospital

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age 18- 80 years; diagnosis of depression based on DSMVITR; Exclusion criteria: neurological complications; chronic physiological diseases; current addiction to opium or alcohol; history of addiction to opium or alcohol in the past 6 months; history of allergy to antidepressants or zine sulfate; use of monoxide inhibitor in the past 8 weeks; history of seizure; history of suicide; liver, renal or cardiac disorder; pregnancy or breast feeding.

Age

From **18 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ahvaz Jundishapur University of Medical Sciences

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Ahvaz Jundishapur University of Medical Sciences, Golestan Boulevard, Ahvaz, Iran

City

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Postal code

Approval date

2016-11-05, 1395/08/15

Ethics committee reference number

IR.AJUMS.REC.1395.478

Health conditions studied

1

Description of health condition studied

Major Depresion

ICD-10 code

F32.2

ICD-10 code description

Severe depressive episode without psychotic symptoms

Primary outcomes

1

Description

Depresion Status

Timepoint

2,4,6,and 8th weeks

Method of measurement

Beck Depression Rating Scale

Secondary outcomes

empty

Intervention groups

1

Description

Taking a Zinc sulfate capsule, 25 mg once a day for 8 weeks (intervention)

Category

Treatment - Drugs

2

Description

Taking a Malt Dexterous placebo once a day for 8 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychiatric Clinic of Golestan

Full name of responsible person

Masoumeh Nazarinasab

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Psychiatric Clinic of Golestan, Ahvaz Jundishapur University of Medical Sciences, Golestan Boulevard, Ahvaz, Iran

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Dr Saaki Naader
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Ahvaz Jundishapur University of Medical Sciences, Golestan Boulevard, Ahvaz, Iran
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research of Ahvaz Jundishapur University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty