Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Assessment of effect of Product of Melissa officinalis on improvement of 18-50 years old Female sexual desire

Protocol summary

Summary

Objective: the effect of Product of Melissa officinalis on improvement Female sexual desire. Design:This study is a randomized double-blind placebo-controlled. Blindness has been done for Groups of patients and researchers. Inclusion criteria: women aged 18-50 years diagnosed with low sexual desire to have emotionally satisfying relationship with constant wife sexually active. Exclusion criteria: Impaired emotionally satisfying relationship with wife. Target sample size: 38. Intervention: capsule contained 500 mg lemon balm extract. Intervention time: 2 times a day, every time 2 capsules after breakfast, dinner used for 4 weeks. Primary outcome: sexual desire

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014021516580N1**
Registration date: **2014-06-27, 1393/04/06**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2014-06-27, 1393/04/06

Registrant information

Name

Zahra Darvish Mofrad Kashani

Name of organization / entity

Shahed

Country

Iran (Islamic Republic of)

Phone

+98 21 2247 3019

Email address

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research of Shahed University of Medical Sciences

Expected recruitment start date

2014-07-01, 1393/04/10

Expected recruitment end date

2015-10-25, 1394/08/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of effect of Product of Melissa officinalis on improvement of 18-50 years old Female sexual desire

Public title

The effect of Melissa officinalis on Female sexual desire

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Women ages 18-50 years; Diagnosis low sexual desire by using the FSFI (Female Sexual Function Index); Emotionally satisfying relationship with constant wife sexually active at least one year; Having sex at least once a month; Lack of pregnancy and lactation; No menstruation retard for 2 months and more ; Normal genital examination. Exclusion criteria : Impaired emotionally satisfying relationship with wife ; Adding another partner in the study period; Any organic disease, anatomical and hormonal that exist in history and past medical history, including : diabetes , cerebrovascular disease , liver and kidney damage , heart disease , hypothyroidism, cancer; Psychiatric disorders who are under medical treatment; Smoking , alcohol , drug abuse; Use of any chemical and herbal

medications that affect sexual desire.

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **38**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Committee for Medical Research Ethics shahed university

Street address

Opposite of Imam Khomeiny Shrine

City

Tehran

Postal code

Approval date

2014-03-03, 1392/12/12

Ethics committee reference number

195148/41

Health conditions studied

1

Description of health condition studied

female sexual dysfunction

ICD-10 code

F52.0

ICD-10 code description

Sexual dysfunction, not caused by organic disorder or disease

Primary outcomes

1

Description

Sexual desire

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Questionnaire Female Sexual Function Index

Secondary outcomes

1

Description

Sexual arousal

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Questionnaire Female Sexual Function Index

2

Description

Sexual Satisfaction

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Questionnaire Female Sexual Function Index

3

Description

Obvious distress caused by sexual dysfunction

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Question of patients

4

Description

Painful intercourse.

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Questionnaire Female Sexual Function Index

5

Description

Moisture of genitalia

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Questionnaire Female Sexual Function Index

6

Description

Increased frequency of sexual intercourse.

Timepoint

Baseline, 4 and 8 weeks after starting the medication

Method of measurement

Question of patients

Intervention groups

1

Description
Intervention group, capsule contained 500 mg lemon balm extract, 2 times a day, every time 2 capsules after breakfast, dinner used for 4 weeks.
Category
Treatment - Drugs

2

Description
Control group, capsule contained 500 mg starch , 2 times a day, every time 2 capsules after breakfast, dinner used for 4 weeks.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Mostafa Khomeiny hospital
Full name of responsible person
Zahra Darvish Mofrad Kashani
Street address
Italia
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Shahed University of Medical Sciences
Full name of responsible person
Elham Emaratkar
Street address
Opposite of Imam Khomeiny shrine
City
Tehran
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 Shahed 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

Person responsible for general inquiries

Contact
Name of organization / entity
Shahed University of Medical Sciences
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Person responsible for scientific inquiries

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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