

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Assessment of effect of Wild mint product in low back pain because of dyspepsia

Protocol summary

Vice chancellor for research, Shahed University of Medical Sciences

Summary

Purpose: Treatment Study is a single arm study. Inclusion criteria: every male or female between 20-55 years old who have low back pain more than 3 months. . Exclusion criteria: the age >55 and <20 years old, pregnancy and breast feeding. People in study: patient who Referred to Neurosurgery Clinic in Mostafa khomeiny Hospital. Target sample size: 60 Intervention: Wild mint cap 500 mg Intervention time: TDS after meal for 28 days Study outcomes: pain, disability, dyspepsia.

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-06-20, 1393/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014042217390N1**

Registration date: **2014-05-31, 1393/03/10**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-05-31, 1393/03/10

Registrant information

Name

Nafiseh Hoseiny Yekta

Name of organization / entity

Shahed University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2612 6787

Email address

nyekta@shahed.ac.ir

Recruitment status

Recruitment complete

Funding source

Scientific title

Assessment of effect of Wild mint product in low back pain because of dyspepsia

Public title

The effect of wild mint on low back pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: every male or female between 20-55 years old who have LBP more than 3 months. Exclusion criteria: the age >55 and < 20.spinal tumor, neurologic symptoms, pregnancy and breast feeding.

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of shahed university

Street address

Shahed University of Medical Sciences , Opposite of Imam Khomeiny Shrine

City

Tehran

Postal code

14561345

Approval date

2014-03-03, 1392/12/12

Ethics committee reference number

41/195144

Health conditions studied

1

Description of health condition studied

Low back pain

ICD-10 code

M54.5

ICD-10 code description

lumbago

Primary outcomes

1

Description

Pain

Timepoint

before intervention.2 week after intervention.4week after intervention.8week after intervention

Method of measurement

Numerical system

2

Description

Disability

Timepoint

before intervention.2 week after intervention.4week after intervention.8week after intervention

Method of measurement

Oswestry questioner

3

Description

Dyspepsia

Timepoint

Before intervention .8week after intervention

Method of measurement

Reorientation of medical education(ROME3) questioner about dyspepsia

Secondary outcomes

empty

Intervention groups

1

Description

Intervention is Wild mint cap 500 mg TDS after meal for 28 days.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center**Name of recruitment center**

Mostafa Khomeiny hospital

Full name of responsible person

Nafiseh Hoseiny Yekta

Street address

Italia avenue.

City

Tehran

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Vice chancellor for research, 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, 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

Full name of responsible person

Nafiseh Hoseiny Yekta

Position

PhD student

Other areas of specialty/work**Street address**

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Shahed university

Full name of responsible person

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Position

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahed University of Medical Sciences

Full name of responsible person

Younes Rohany

Position

Neurosurgery

Other areas of specialty/work**Street address**

Opposite of Imam Khomeiny shrine

City**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*