Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

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

Protocol summary

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.

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

Vice chancellor for research, Shahed University of Medical Sciences

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

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
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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