

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of *Lavandula Angustifolia* MILL in the treatment of mild to moderate depression

Protocol summary

Summary

The purpose of this study was to explore the effects of the *lavandula officinalis* on depression. This double blind randomized clinical trial was performed in Hajar hospital. In this study, 80 patients who complained of depression were randomly allocated into two groups (40 patients in each group) to receive 20 mg Citalopram twice daily as well as 5 gram arial part of dried *Lavendula Officinalis* or placebo for two months. Depression severity was assessed, through standard Hamilton's depression questionnaire, 4 and 8 weeks after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138810302085N1**
Registration date: **2010-05-30, 1389/03/09**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-05-30, 1389/03/09

Registrant information

Name

Neda Parvin

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5652

Email address

nedali285@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences

Expected recruitment start date

2008-08-22, 1387/06/01

Expected recruitment end date

2008-10-22, 1387/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of *Lavandula Angustifolia* MILL in the treatment of mild to moderate depression

Public title

The effect of *Lavandula Angustifolia* MILL in the treatment of mild to moderate depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Presence of major depression
Exclusion criteria: allergy to *lavanda*, presence of psychosis

Age

From **20 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Shahrekord University of Medical Sciences

Street address

Shahrekord University of Medical Sciences

City

Shahrekord

Postal code

Approval date

2008-06-25, 1387/04/05

Ethics committee reference number

5-4-87

Health conditions studied

1

Description of health condition studied

mild to moderate depression

ICD-10 code

F32

ICD-10 code description

Depressive episode

Primary outcomes

1

Description

Depression severity

Timepoint

Baseline and 4 and 8 weeks after the intervention

Method of measurement

depression standard Hamilton's questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Citalopram, 20mg as well as placebo twice daily for 2 months.

Category

Placebo

2

Description

Citalopram, 20 mg as well as 5 gr aerial part of Lavandula twice daily for 2 months

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic of Shahrekord University of Medical Sciences

Full name of responsible person

Dr Masoud Nikfardjam

Street address

Shahrekord University of Medical Sciences

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University of Medical Sciences

Full name of responsible person

Neda Parvin

Street address

Shahrekord University of Medical Sciences

City

Shahrekord

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahrekord 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences

Full name of responsible person

Neda Parvin, Dr Masood Nikfarjam

Position

M.Sc / PhD

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

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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

Person responsible for updating data

Contact

Name of organization / entity

Medical herb research center, Shahrekord University of Medical Sciences

Full name of responsible person