Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

Summary

The purpose of this study was to explore the effects of the lavendula 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 MlLL in the treatment of mild to moderate depression

Public title

The effect of Lavandula Angustifolia MlLL 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
Shahrekord University of Medical Sciences

City
Shahrekord

Postal code

Phone
+98 38 1334 6692

Fax

Email
np285@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Medical herb research center, Shahrekord University of Medical Sciences

Full name of responsible person
Neda Parvin

Position

Other areas of specialty/work

Street address

City

Postal code

Phone
+98 38 1334 6692

Fax
+98 38 1333 0709

Email
np285@yahoo.com

Web page address

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