

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### Effect of Valerian on some menopausal symptoms of the women referred to Shahrekord health centers

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of Valerian on some menopausal symptoms of the women referred to Shahrekord health centers. This study was a double blinded clinical trial study with random allocation. The population of the study was the women referred to Shahrekord health centers. The women with menopausal symptoms were included into the study. Women with pheochromocytoma, carcinoid syndrome, leukemia, pancreatic tumors, thyroid anomalies, diabetes, alcohol withdrawal, epilepsy, tuberculosis and other chronic infections were excluded. Also patients who were under treatment with hormone therapy or psychotropic drugs due to mental disorders, and women with body mass index more than 29 were excluded. Sixty patients were randomly allocated in Valerian or placebo (control) groups (30 in each group). In the intervention group, women were treated with Valerian (350 mg capsules produced by Herbi Darou Iranian pharmaceutical company) each 12 hours for two months, and in the control group, participants were treated by the placebo capsule same as Valerian with the same therapeutic regimen. The Hamilton anxiety rating scale and Beck depression inventory were evaluated at the beginning and the end of the study.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201604172085N16**

Registration date: **2016-05-03, 1395/02/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-05-03, 1395/02/14

#### 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

2005-12-10, 1384/09/19

#### Expected recruitment end date

2006-12-10, 1385/09/19

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Effect of Valerian on some menopausal symptoms of the women referred to Shahrekord health centers

#### Public title

Effect of Valerian on some menopausal symptoms of the women referred to Shahrekord health centers

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: menopausal symptoms, aged 45 to 65 years Exclusion criteria: Women affected by pheochromocytoma, carcinoid syndrome, leukemia, pancreatic tumors, thyroid anomalies, diabetes, alcohol

withdrawal, epilepsy, tuberculosis and other chronic infections, under treatment with hormone therapy or psychotropic drugs due to mental disorders, and body mass index more than 29

#### **Age**

From **45 years** old to **65 years** old

#### **Gender**

Female

#### **Phase**

N/A

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **60**

#### **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**

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

###### **City**

Shahrekord

###### **Postal code**

##### **Approval date**

2005-12-09, 1384/09/18

##### **Ethics committee reference number**

18-9-1384

### **Health conditions studied**

#### **1**

##### **Description of health condition studied**

Menopause

##### **ICD-10 code**

N95.1

##### **ICD-10 code description**

Menopausal and female climacteric states

### **Primary outcomes**

#### **1**

##### **Description**

Depression

##### **Timepoint**

At the beginning and the end of the study

##### **Method of measurement**

The Beck depression inventory

#### **2**

##### **Description**

Anxiety

##### **Timepoint**

At the beginning and the end of the study

##### **Method of measurement**

The Hamilton anxiety rating scale

### **Secondary outcomes**

empty

### **Intervention groups**

#### **1**

##### **Description**

Intervention group: In the intervention group, women were treated with Valerian (350 mg capsules produced by Herbi Darou Iranian pharmaceutical company) each 12 hours for two months.

##### **Category**

Treatment - Drugs

#### **2**

##### **Description**

Control group: In the control group, women were treated by the placebo capsule same as Valerian with the same therapeutic regimen.

##### **Category**

Treatment - Drugs

### **Recruitment centers**

#### **1**

##### **Recruitment center**

###### **Name of recruitment center**

Health centers of Shahrekord

###### **Full name of responsible person**

Neda Parvin

###### **Street address**

###### **City**

Shahrekord

### **Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Shahrekord University of Medical Sciences

**Full name of responsible person**

Dr.Sayed Kamal Solati

**Street address**

Shahrekord University of Medical Sciences, Kashani Street, Shahrekord

**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****Name of organization / entity**

Shahrekord University of Medical Sciences

**Full name of responsible person**

Neda Parvin

**Position**

Lecturer, faculty member

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

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

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### Person responsible for scientific inquiries

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### Person responsible for updating data

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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*