

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

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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