Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect of Hypericum perforatum on early menopausal symptoms

Protocol summary

Summary

The present study aims to analyze the effect of Hypericum performatum or as is called perforate on early complications of menopause. The study is a double blind clinical trial conducted on 80 women from Izeh city. The simple purposive sampling is used .(medicine and placebo groups). The subjects received Perforan tablet containing 330 micro grams Hypericin or placebo three time a day for 2 months. Data were collected using interview, personal characteristic questionnaire and Kupperman index symptom questionnaire in two rounds before treatment and 4 times after treatment. The study's criteria include age between 45 and 60, amenorrhoea for at least 12 months, having at least two of menopause symptoms based on Kupperman index, and the ability to read and write. Women over the age 30 with unnatural menopause or hysterectomy amenorrhoea, oophorectomy, and radiation therapy due to systematic disease were excluded from the study. Hypericum performatum is the independent variable while the dependent variables include: hot flush, night sweats, insomnia, anger, depression, tiredness, headache, frequent urination, and pain in the bladder. Moreover, the intervening variables include age, education, marital status, length of time spent from amenorrhea, and body mass index.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016040820053N2**
Registration date: **2016-09-19, 1395/06/29**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-19, 1395/06/29

Registrant information

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Recruitment status

Recruitment complete

Funding source

University of Medical Sciences Jundishapur Ahvaz, Vice Chancellor Of Research

Expected recruitment start date

2009-06-15, 1388/03/25

Expected recruitment end date

2010-11-15, 1389/08/24

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Hypericum perforatum on early menopausal symptoms

Public title

The Effect of Hypericum perforatum on early menopausal symptoms

Purpose

Treatment

Inclusion/Exclusion criteria

Age45-60 years, amenorrhea for at least 12 months, at least two symptoms of menopause, according to Kupperman index, patients could read and write; abnormal menopause induced ex. hysterectomy,

oophorectomy or radiation therapy for known systemic disease such as endocrine disorders (thyrotoxicosis), dietary intake of phyto estrogen and specific regimes , having physical and mental diseases, sexual hormones consumption , sensitivity to herbal drugs, athletes women, antidepressants consumption, herbal medicines consumption, body mass index higher than 30 were excluded.

Age
From **45 years** old to **60 years** old

Gender
Female

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
Ethics Committee of the Ahvaz Jondishapour University of Medical Sciences

Street address
Golestan Bolvar

City
Ahvaz

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6135715794

Approval date
2009-10-01, 1388/07/09

Ethics committee reference number
U-88221

Health conditions studied

1

Description of health condition studied
menopausal symptoms

ICD-10 code
N95.1

ICD-10 code description
Menopausal and female climacteric states

Primary outcomes

1

Description
Hot flushes

Timepoint
Before the study and weeks 2, 4, 6 and 8

Method of measurement
Kupperman’s index

2

Description
Depression

Timepoint
Before the study and weeks 2, 4, 6 and 8

Method of measurement
Kupperman’s index

Secondary outcomes

empty

Intervention groups

1

Description
For 2 months Perforan pills contain 330 µg hypericum tree times a day

Category
Treatment - Drugs

2

Description
For 2 months Placebo pills 3 times a day

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Ahvaz Jundishapur University of Medical Sciences , Vice Chancellor Of Research

Full name of responsible person

Street address

City
Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Jundishapur Ahvaz University of Medical Sciences, Vice Chancellor Of Research
Full name of responsible person
Shahnaz najar
Street address
Golestan Blvd.
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Jundishapur Ahvaz University of Medical Sciences, Vice Chancellor Of Research
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

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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