

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Interventional study on the effect of Sage (*Saliva officinalis*) extract on menopausal symptoms in postmenopausal women

Protocol summary

Study aim

Study of the effectiveness of sage on menopausal symptoms

Design

This study has been done on postmenopausal women that had some degree of menopausal symptoms.

Settings and conduct

This research has been done in Darab Health Center on postmenopausal women. The Menopausal Symptom Questionnaire was completed before and after received of sage extract

Participants/Inclusion and exclusion criteria

Entry condition: having menopausal symptoms and the exit condition: consumption of a special drug or other illness.

Intervention groups

This study has been done to evaluation of effectiveness of sage extract on menopausal symptoms in postmenopausal women.

Main outcome variables

Effectiveness of Sage in Reducing of Menopause Symptoms

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180130038557N1**

Registration date: **2018-10-17, 1397/07/25**

Registration timing: **retrospective**

Last update: **2018-10-17, 1397/07/25**

Update count: **0**

Registration date

2018-10-17, 1397/07/25

Registrant information

Name

Fereshteh Dadfar

Name of organization / entity

Payame noor university

Country

Iran (Islamic Republic of)

Phone

+98 71 5356 4502

Email address

fereshtehdadfar2003@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-06-20, 1397/03/30

Expected recruitment end date

2018-07-21, 1397/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Interventional study on the effect of Sage (*Saliva officinalis*) extract on menopausal symptoms in postmenopausal women

Public title

Study of the effect of sage on menopause

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having menopause symptoms

Exclusion criteria:

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: 30

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research ethics committee of Payame Noor University

Street address

Mini city, Payame Noor University

City

Tehran

Province

Tehran

Postal code

19395-4697

Approval date

2018-06-09, 1397/03/19

Ethics committee reference number

IR.PNU.REC.1397.024

Health conditions studied

1

Description of health condition studied

Menoapuse, Menopause symptoms

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

People with menopause symptoms

Timepoint

At the beginning of the study and one month after

receiving the sage extract

Method of measurement
Menopausal Symptom Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Consumption of sage, A Salvigol tablet contains 100 mg of sage extract daily

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center of Darab

Full name of responsible person

Fereshteh Dadfar

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Enghelab Boulevard, Azadi Avenue

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Payame Noor University

Full name of responsible person

دکتر حسین توللی

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Saheli avenue

City

Shiraz

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+98 71 3225 3161

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Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source
Payame Noor University

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
Payame Noor University

Full name of responsible person
Fereshteh Dadfar

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Physiology

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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Some of data

When the data will become available and for how long

6 months after printing of results

To whom data/document is available

University staff

Under which criteria data/document could be used

For research work

From where data/document is obtainable

email

What processes are involved for a request to access data/document

request by email
Comments