

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Evaluation of the effectiveness of carrot seeds in women with Hypoactive sexual desire disorder(HSDD) during reproductive age : double- bind clinical trial

#### Protocol summary

##### Study aim

Effectiveness of carrot seeds in women with reduced libido during fertility period

##### Design

Two arm parallel group trial with double blinded randomization

##### Settings and conduct

This is a double blind study comparing the herbal remedy with the placebo. The sample size is 60 women, who undergo an interview in the beginning of the study . Subsequently they fill FSFI (Female Sexual Function Index) questionnaire . They fill the same questionnaire after being on treatment for 6 weeks and 12 weeks. In this study, the researchers and individuals involved in the design and individual data analysis are blind. Faculty of Iranian Medicine, Iran University Of Medical Science and sexology department of Imam Khomeini hospital, are location of the study

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Reduced libido according to DSM-4; 18-45 years old; Normal Pap smear; Normal pelvic exam. Exclusion criteria: Presence of serious medical or psychological diseases; Menopause; Divorce intent; Pregnancy; Lactation;

##### Intervention groups

Intervention group: 30 people take 500mg of carrot seeds three times daily. Control group: 30 people take 500mg of placebo three times daily

##### Main outcome variables

This study evaluate the effect of our herbal remedy *Daucus carrota*, on desire; arousal; satisfaction; orgasm; dyspareunia; lubrication

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20180224038847N1**

Registration date: **2018-05-01, 1397/02/11**

Registration timing: **prospective**

Last update: **2018-05-01, 1397/02/11**

Update count: **0**

#### Registration date

2018-05-01, 1397/02/11

#### Registrant information

##### Name

Rosita Bahrami

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 26 3280 8025

##### Email address

rositabahrami@yahoo.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2018-05-22, 1397/03/01

#### Expected recruitment end date

2018-09-23, 1397/07/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Evaluation of the effectiveness of carrot seeds in women with Hypoactive sexual desire disorder(HSDD) during

reproductive age : double- bind clinical trial

#### Public title

Effectiveness of carrot seeds in female with decreased libido

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

##### Inclusion criteria:

Loss or decrease in sexual desire according to DSM-4 criteria 18-45 years old Having a spouse who spends at least half a month with his family Normal pelvic exam Normal Pap smear At least 6 month duration of marriage

##### Exclusion criteria:

Serious medical or chronic disease Sever depression, suicidal, psychotic disease Menopause Divorce intent Pregnancy Lactation Skin allergy to Umbelliferac Familial problem

#### Age

From **18 years** old to **45 years** old

#### Gender

Female

#### Phase

2-3

#### Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser

#### Sample size

Target sample size: **60**

#### Randomization (investigator's opinion)

Randomized

#### Randomization description

Randomization is done in a quadrilateral random blocks manner

#### Blinding (investigator's opinion)

Double blinded

#### Blinding description

In this study, the researchers and individuals involved in the design and individual data analysis are blind. After randomization and splitting into two groups, a group of products from carrot eggs was given as 500 mg capsules three times a day, and simultaneously the control group received placebo, which was received as a completely similar capsule containing placebo. The prescriptive form is similar in the two groups and is administered in a blind, randomized manner. That is, taking the drug based on the sequences of the random blocks determined by the statistician and the associate pharmacist on the envelopes in letters, in such a way that the patient, the pharmacist and the interviewer are not aware of the contents of the envelope. The letter insert on the envelope is recorded on the questionnaire sheet

#### Placebo

Used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Iran University of Medical Sciences

##### Street address

Tehran, Hemat Highway, Iran

##### City

Tehran

##### Province

Tehran

##### Postal code

1449614535

#### Approval date

2018-03-13, 1396/12/22

#### Ethics committee reference number

IR.IUMS.REC.1396.9321309007

## Health conditions studied

### 1

#### Description of health condition studied

Lack or loss of sexual desire

#### ICD-10 code

F52.0

#### ICD-10 code description

Hypoactive sexual desire disorder

## Primary outcomes

### 1

#### Description

Libido

#### Timepoint

At beginning of the trial, 6 weeks and 12weeks after starting drug or placebo

#### Method of measurement

FSFI questionnaire

## Secondary outcomes

### 1

#### Description

Arousal

#### Timepoint

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

#### Method of measurement

FSFI questionnaire

## 2

### **Description**

Dysparonia

### **Timepoint**

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

### **Method of measurement**

FSFI questionnaire

## 3

### **Description**

Satisfaction

### **Timepoint**

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

### **Method of measurement**

FSFI questionnaire

## 4

### **Description**

Orgasm

### **Timepoint**

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

### **Method of measurement**

FSFI questionnaire

## 5

### **Description**

Lubrication

### **Timepoint**

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

### **Method of measurement**

FSFI questionnaire

## 6

### **Description**

Total sexual function

### **Timepoint**

At beginning of the trial, 6 weeks and 12 weeks after starting drug or placebo

### **Method of measurement**

FSFI questionnaire

## 7

### **Description**

Frequency of probable adverse effect of the drug

### **Timepoint**

Weekly after starting the drug

### **Method of measurement**

Phone report by patient

## 8

### **Description**

Depression

### **Timepoint**

At beginning and after finishing of the intervention

### **Method of measurement**

Beck Depression Inventory test(BDI)

## **Intervention groups**

### 1

#### **Description**

Intervention group: Capsule contains 500mg carrot seeds three times daily

#### **Category**

Treatment - Drugs

### 2

#### **Description**

Control group: Capsule contains 500mg of the placebo three times daily

#### **Category**

Treatment - Drugs

## **Recruitment centers**

### 1

#### **Recruitment center**

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

Faculty of Iranian Medicine, Iran University Of Medical Science

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

Rosita Bahrami

##### **Street address**

Faculty of Iranian Medicine, Behesht Street, Hassan Abad Square, Tehran

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##### **Postal code**

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### 2

#### **Recruitment center**

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

Imam Khomeini hospital

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

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Qarib street, Azadi street

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## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Kazem Malakoti

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Iran University of Medical Sciences,Besides Milad  
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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**

Iran University of Medical Sciences

**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**

Iran University of Medical Sciences

**Full name of responsible person**

Rosita Bahrami

**Position**

Student of PHD

**Latest degree**

Medical doctor

**Other areas of specialty/work**

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## Person responsible for updating data

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**Position**

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**Latest degree**

Medical doctor

**Other areas of specialty/work**

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**Email**

## Sharing plan

### **Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

### **Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

### **Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to

make this available

### **Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

### **Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

### **Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

### **Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available