Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Comparison of the effect of jujube and turmeric extract on serum adiponectin, sexual function and estradiol hormones profiling in the female population

Protocol summary

Study aim
Comparison of the effect of jujube and turmeric extract on serum adiponectin, sexual function and estradiol hormones profiling in the female

Design
Phase 2 clinical trial with control group and 15 people in each group, With parallel groups, placebo-controlled clinical trial, Simple individual randomization with envelope

Settings and conduct
A placebo-controlled randomized clinical trial in women of reproductive age 18 to 45 years with poor sexual function and moderate or high stress levels. Sampling method: After obtaining informed consent, purposeful sampling was performed among the female volunteers who referred to the centers and met the inclusion criteria.

Participants/Inclusion and exclusion criteria
be Persian and Farsi Married and currently lives with her husband Not currently pregnant or have child breastfeeding dont be Infertile dont have any Abortion and delivery of cesarean section There is no history of medical problems such as diabetes and hypertension, psychological diseases, hip infections, pelvic pathological and other medical problems. her contraceptive methods are not hormonal. Over the past three months, they have not used drugs that interfere with sexual function. have Normal BMI (between18.9 and24.9) No use of special diets like vegetarianism

Intervention groups
Use of 300 mg turmeric extract capsules daily in women with poor sexual function and high moderate stress levels and the use of placebo in the control group

Main outcome variables
Sexual function. Steroid hormones

General information

Reason for update
After the study, the study was performed in triple- blinds.

Acronym

IRCT registration information
IRCT registration number: **IRCT20190219042768N1**
Registration date: **2021-06-10, 1400/03/20**
Registration timing: **retrospective**

Last update: **2021-07-22, 1400/04/31**
Update count: **1**

Registration date
2021-06-10, 1400/03/20

Registrant information

Name
elahe sadeghi sahebzad

Name of organization / entity
Tarbiat modares university

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Iran (Islamic Republic of)

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+98 21 6660 9606

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-10-21, 1399/07/30

Expected recruitment end date
2021-04-21, 1400/02/01

Actual recruitment start date
2020-10-21, 1399/07/30

Actual recruitment end date
2021-04-21, 1400/02/01

Trial completion date
2021-04-21, 1400/02/01

Scientific title
Comparison of the effect of jujube and turmeric extract on serum adiponectin, sexual function and estradiol hormones profiling in the female population

Public title
Comparison of the effect of jujube and turmeric extract on serum adiponectin, sexual function and estradiol hormones profiling in the female population

Purpose
Basic scienece

Inclusion/Exclusion criteria
Inclusion criteria:
be Persian and Farsi Married and currently lives with her husband Not currently pregnant or have child breastfeeding dont be Infertile dont have any Abortion and delivery of cesarean section There is no history of medical problems such as diabetes and hypertension, psychological diseases, hip infections, pelvic pathological and other medical problems. her contraceptive methods are not hormonal. Over the past three months, they have not used drugs that interfere with sexual function. have Normal BMI (between 18.9 and 24.9) No use of special diets like vegetarianism Poor sexual function according to the FSFI questionnaire Moderate to severe stress levels based on the DOS questionnaire
Exclusion criteria:
good sexual function Mild stress

Age
From **19 years** old to **45 years** old

Gender
Female

Phase
1-2

Groups that have been masked

- Participant
- Investigator
- Data analyser

Sample size
Target sample size: **30**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization of an individual with an envelope in dividing the groups into two groups A and B. In this method, we selected a number of cards or letters as the intervention group and the same number of cards for the control group, then merged the cards together. One card was taken out and its allocation was recorded, and after the card was taken out, we returned it again to all the other cards. Then the cards are merged again and we take out another card. This process continues until a random sequence is reached according to the sample size.

Blinding (investigator's opinion)
Triple blinded

Blinding description
The present study is a triple-blind study and the researcher and the patient and analyst will be unaware of the treatment and grouping of the study. For this purpose, turmeric extract and placebo are encoded by another person. The main researcher intervenes patients in a triple-blind manner based on the code of drug packages. The drug code is recorded on the demographic information completion form. Intervention in the target group will be turmeric extract for 8 weeks at a rate of 300 kg / mg Placebo will be prepared in a similar way to turmeric extract without its effective ingredients. 8 weeks after using turmeric extract, again in women of both groups A venous blood sample will be taken.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of tarbiat modares university
Street address
jalal alahmad
City
tehran
Province
Tehran
Postal code
1383957631

Approval date
2019-01-12, 1397/10/22

Ethics committee reference number
ir.modares.rec.1397.206

Health conditions studied

1

Description of health condition studied
sexual dysfunction

ICD-10 code
F52.8

ICD-10 code description
Other sexual dysfunction not due to a substance or known physiological condition

Primary outcomes

1

Description
Sexual dysfunction.

Timepoint
before and after intervention
Method of measurement
questionnaire

2

Description
Steroidal hormones
Timepoint
before and after intervention
Method of measurement
laboratory kits

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: treatment with turmeric extract will be 300 mg for 4 weeks. This article has been extracted and concentrated by Dr. Elaheh Sadeghi under the supervision of Dr. Mohsen Sharifi, Professor, Department of Plant Physiology, Faculty of Basic Sciences, Tarbiat Modarres University, Iran
Category
Treatment - Drugs

2

Description
Control group: treatment by placebo, Placebo will be prepared in a similar way to turmeric extract without its effective ingredients. 4 weeks after using , women in both groups will have venous blood sampling again.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
shohada yaft abad hospital
Full name of responsible person
Najmeh Tehranian
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tarbiat modares univecity
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Najmeh Tehranian
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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
Tarbiat modares univecity
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
Tarbiat Modares university
Full name of responsible person
Najmeh Tehrnian
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Assistant Professor
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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
Only part of the information
When the data will become available and for how long
Access period starts 6 months after the results are published
To whom data/document is available
Scientific and research studies
Under which criteria data/document could be used
With sample permission
From where data/document is obtainable
E-mail
What processes are involved for a request to access data/document
Ethics Committee. Investigation proceedings
Comments
One week to one month