

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Jul 2026

Pentoxifylline as adjuvant therapy in the treatment of major depression: a randomised and double blind study

Protocol summary

Study aim

The objective of this study is to assess the efficacy of pentoxifylline in the treatment of MDD

Design

Randomized double blind and placebo-controlled clinical trial

Settings and conduct

The study will be conducted among adults with major depressive disorder attending Roozbeh Hospital.

Participants/Inclusion and exclusion criteria

Inclusion criteria: presence of Major Depressive Disorder based on DSM-5 criteria; baseline Hamilton Depression Rating Scale (HAM-D) (17-item) score of at least 19.

Exclusion criteria: presence of psychosis, any other mental disorder; presence of hypothyroidism or cardiovascular problems; pregnancy or nursing women; hepatic failure; peptic ulcer; receiving antiplatelets agents or anticoagulants; receiving NSAIDs.

Intervention groups

The participants will be randomly allocated into two groups. Intervention group(25 persons) will receive pentoxifylline (400 mg TDS) and sertraline (50 mg per day) and control group (25 persons) will receive sertraline (50 mg per day) for 6 weeks.

Main outcome variables

Severity of depression

General information

Reason for update

Change in the dosage of Sertraline from 50 mg to 100 mg

Acronym

IRCT registration information

IRCT registration number: **IRCT20090117001556N116**

Registration date: **2019-03-14, 1397/12/23**

Registration timing: **prospective**

Last update: **2020-08-25, 1399/06/04**

Update count: **1**

Registration date

2019-03-14, 1397/12/23

Registrant information

Name

Shahin Akhondzadeh

Name of organization / entity

Roozbeh Psychiatric Hospital, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 5541 2222

Email address

s.akhond@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-13, 1398/01/24

Expected recruitment end date

2021-04-12, 1400/01/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Pentoxifylline as adjuvant therapy in the treatment of major depression: a randomised and double blind study

Public title

Pentoxifylline as adjuvant therapy in the treatment of major depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Presence of Major Depressive Disorder based on DSM-5 criteria Baseline Hamilton Depression Rating Scale (HAM-D) (17-item) score of at least 19

Exclusion criteria:

Presence of psychosis Any other mental disorder Hypothyroidism Cardiovascular disease Pregnancy or nursing women Renal failure Allergy to Theophylline, Aminophylline, and pentoxifylline Hepatic failure Peptic ulcer Receiving antiplatelets agents or anticoagulants Receiving NSAIDs

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

3

Groups that have been masked

- Participant
- Care provider
- Outcome assessor

Sample size

Target sample size: **50**

Randomization (investigator's opinion)

Randomized

Randomization description

Random permuted block

Blinding (investigator's opinion)

Double blinded

Blinding description

The participants, clinicians and outcome raters will be blind regarding grouping

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences, Keshavarz Blvd

City

Tehran

Province

Tehran

Postal code

1417653761

Approval date

2019-03-11, 1397/12/20

Ethics committee reference number

IR.TUMS.VCR.REC.1397.1006

Health conditions studied

1

Description of health condition studied

Major Depressive Disorder

ICD-10 code

F32.1

ICD-10 code description

Major depressive disorder, single episode, moderate

Primary outcomes

1

Description

Severity of depression

Timepoint

Baseline and weeks 2,4 and 6

Method of measurement

By Hamilton Depression Rating Scale 17-Item

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: tablet sertraline 100 mg/day plus Capsule pentoxifylline 400 mg TDS as intervention group for 6 weeks

Category

Treatment - Drugs

2

Description

Control group: tablet sertraline 100 mg/day plus Capsule placebo as control group for 6 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Iran hospital

Full name of responsible person

Dr Mohammad-Reza Shalbafan

Street address

Iran University of Medical Sciences, Shahid Hemmat Highway, Tehran, 1449614535, IRAN

City
Tehran
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Dr. Mohammad Ali Sahraian
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msahrai@tums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tehran 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
Tehran University of Medical Sciences
Full name of responsible person
Shahin Akhondzadeh
Position
Professor of clinical psychopharmacology
Latest degree
Ph.D.

Other areas of specialty/work

Medical Pharmacy

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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Person responsible for updating data

Contact

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

The data will be distributed through final report

When the data will become available and for how long

5 years from 2021 to 2026

To whom data/document is available

Academic researchers

Under which criteria data/document could be used

by citing the resource

From where data/document is obtainable

Professor Shahin Akhondzadeh

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

by E mail

Comments