

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

23 Oct 2026

### Vitamin C as an adjuvant for treating major depressive disorder, a randomized placebo controlled clinical trial

#### Protocol summary

##### Summary

This is a randomized double blind placebo controlled randomized controlled clinical trial compares the adjuvant effect of vitamin c for treating patients with major depressive disorder diagnosed according to DSM-IV criteria. There are two groups. One group receives citalopram (up to 60 mg/day) plus vitamin (1500mg/day) and the other group receives citalopram plus placebo. The age range of patients is 18 to 65 years old. The patients are interviewed. Depression symptoms are assessed using Hamilton depression rating scale. The symptoms assessment occurs at baseline, week 2, week 4, and week 8.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201312263930N31**

Registration date: **2014-07-05, 1393/04/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-07-05, 1393/04/14

##### Registrant information

###### Name

Ahmad Ghanizadeh

###### Name of organization / entity

Research Center for Psychiatry and Behavioral Sciences, Shiraz University Of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 71 1627 3070

###### Email address

ghanizad@sina.tums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz University of Medical Sciecnas

##### Expected recruitment start date

2013-09-17, 1392/06/26

##### Expected recruitment end date

2014-03-20, 1392/12/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Vitamin C as an adjuvant for treating major depressive disorder, a randomized placebo controlled clinical trial

##### Public title

Vitamin C for treating major depressive disorder

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: patients aged 18 to 65 years old, bother gender, diagnosed with major depressive disorder using DSM-IV diagnostic criteria. Exclusion criteria: serious uncontrolled medical conditions such as hypothyroidism, bipolar mood disorder, pregnancy, depression due to a general medical condition, and hypersensitivity to vitamin C.

##### Age

From **18 years** old to **65 years** old

##### Gender

Both

##### Phase

2

##### Groups that have been masked

No information

## Sample size

Target sample size: 60

## 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

Shiraz University of Medical Sciences

##### Street address

Shiraz University of Medical Sciences

##### City

Shiraz

##### Postal code

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#### Approval date

2013-09-15, 1392/06/24

#### Ethics committee reference number

CT-P-92-6070

## Health conditions studied

### 1

#### Description of health condition studied

Major Depressive disorder

#### ICD-10 code

F32

#### ICD-10 code description

Depressive episode

## Primary outcomes

### 1

#### Description

Depression

#### Timepoint

baseline, week 2, week 4, and week 8

#### Method of measurement

Hamilton Depression Rating Scale

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Citalopram (up to 60 mg/day) plus vitamin C (1500mg/day) for 8 weeks

#### Category

Treatment - Drugs

### 2

#### Description

Citalopram (up to 60mg/day) plus placebo for 8 weeks

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Research Center for Psychiatry and Behavioral Sciences, Shiraz University of Medical Sciences

##### Full name of responsible person

Ahmad Ghanizadeh

##### Street address

Hafez Hospital

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shiraz University of Medical sciences

##### Full name of responsible person

Gholam Reza Hatam

##### Street address

Vice-chancellery of Research Affairs, Shiraz University of Medical sciences, Zand Street

##### City

Shiraz

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Shiraz University of Medical sciences

#### 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

### Contact

**Name of organization / entity**

Shiraz University of Medical sciences

**Full name of responsible person**

Ahmad Ghanizadeh

**Position**

Professor of Psychiatry

**Other areas of specialty/work**

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Hafez Hospital

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## Person responsible for updating data

### Contact

**Name of organization / entity**

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## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Shiraz University of Medical sciences

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Professor of Psychiatry

**Other areas of specialty/work**

**Street address**

Shiraz University of Medical Sciences, Department of Psychiatry, Hafez Hospital, Shiraz, Iran.

**City**

Shiraz

**Postal code**

## 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*