

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The study on the effects of anise abstract on relief and recurrence of menopausal hot flashes in Qazvin

Protocol summary

Summary

The aim of the present study is to assess the effects of anise abstract on relief and recurrence of menopausal hot flashes in postmenopausal women in Qazvin. A total of 72 postmenopausal women were randomly assigned into intervention or control group to receive either 100mg capsules of anise abstract or 330mg capsules of starch powder, 3 times a day for 4 weeks. The frequency and severity of hot flashes were measured and compared between the two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138904144317N1**

Registration date: **2010-10-06, 1389/07/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-06, 1389/07/14

Registrant information

Name

Fatemeh Nahidi

Name of organization / entity

Shahid Beheshti University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 982188202512

Email address

nahidi@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shaheed Beheshti University of Medical Sciences and Health Services

Expected recruitment start date

2008-08-02, 1387/05/12

Expected recruitment end date

2010-02-18, 1388/11/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The study on the effects of anise abstract on relief and recurrence of menopausal hot flashes in Qazvin

Public title

The study on the effects of anise abstract on relief and recurrence of menopausal hot flashes in Qazvin

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age 45-60, history of amenorrhea at least 1 and at most 3 years prior to the study, experience of hot flashes, being literate or having a literate family member, married or widowed since one year prior to the study, not using food or herbal medicine content of phytoestrogens Exclusion criteria: confirmed diabetes, hyperthyroidism, hypothyroidism or any other diseases causing hot flash, undergoing hormone therapy, taking anticoagulant, anti depressive or anxiolytic drugs, hypersensitivity to anise, experiencing stressful events such as divorce, death of her husband, or death of her close family members during 6 months prior to the study

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: 72

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

Shaheed Beheshti University of Medical Sciences and Health Services

Street address

Iran

City

Tehran

Postal code

Approval date

empty

Ethics committee reference number

9242

Health conditions studied

1

Description of health condition studied

Hot flash

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Hot flosch

Timepoint

2 weeks before treatment and 4 weeks after treatment (1st, 2nd, 3rd, and 4th week) and 4 week for follow up

Method of measurement

Information form

Secondary outcomes

empty

Intervention groups

1

Description

Anise abstract, 100mg capsules, 3 times a day, for 4 weeks

Category

Treatment - Drugs

2

Description

Placebo, 330 mg starch capsules, 3 times a day, for 4 weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health and Medical centers of Qazvin

Full name of responsible person

Fatemeh Nahidi and Maryam Taherpour

Street address

Qazvin University of Medical Sciences

City

Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shaheed Beheshti University of Medical Sciences and Health Services

Full name of responsible person

Fatemeh Nahidi

Street address

Shaheed Beheshti University of Medical Sciences and Health Services, Beside Taleghani Hospital, Evin, Tabnak St., Shaheed Chamran Avenue, Tehran, Iran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shaheed Beheshti University of Medical Sciences and Health Services

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**

Shaheed Beheshti University of Medical Sciences and Health Services

Full name of responsible person

Fatemeh Nahidi

Position

Faculty member of Shaheed Beheshti University of Medical Sciences ,MSc in Midwifery and student o

Other areas of specialty/work**Street address**

Shaheed Beheshti University of Medical Sciences and Health Services, Beside Taleghani Hospital, Evin, Tabnak St., Shaheed Chamran Avenue, Tehran, Iran

City

Tehran

Postal code**Phone**

+98 21 4421 8052

Fax**Email**

nahidifateme@yahoo.com, nahidi@sbm.ac.ir

Web page address

Chamran Avenue, Tehran, Iran

City

Tehran

Postal code**Phone**

+98 21 4421 8052

Fax**Email**

nahidi@sbm.ac.ir nahidifateme@yahoo.com

Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Shaheed Beheshti University of Medical Sciences

Full name of responsible person

Fatemeh Nahidi

Position

Faculty member, MSc in Midwifery and student of PhD in Health Education

Other areas of specialty/work**Street address**

Women's affairs Office, Shaheed Beheshti University of Medical Sciences and Health Services, Beside Taleghani Hospital, Evin, Tabnak St., Shaheed Chamran Avenue, Tehran, Iran

City

Tehran

Postal code**Phone**

+98 21 4421 8052

Fax**Email**

nahidifateme@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shaheed Beheshti University of Medical Sciences

Full name of responsible person

Fatemeh Nahidi

Position

MSc in midwifery and student of PhD in Health Education

Other areas of specialty/work**Street address**

Women's affairs Office, Shaheed Beheshti University of Medical Sciences and Health Services, Beside Taleghani Hospital, Evin, Tabnak St., Shaheed

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*