

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jun 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**

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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

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

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**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*