

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

Effects of Licorice on Relief and Recurrence of Menopausal Hot Flashes

Protocol summary

Summary

The aim of the present study is to assess the effects of Licorice on relief and recurrence of menopausal hot flashes in postmenopausal women referring to healthcare centers affiliated to Shahid Beheshti Medical University. A total of 90 postmenopausal women were randomly assigned into intervention or control group to receive either 330mg capsules of Licorice or 330mg capsules of starch powder, 3 times a day for 8 weeks. The frequency and severity of hot flashes measure and compare between the two groups (At the end of each week, for 2 weeks before the intervention, for 8 weeks of the intervention for 4 weeks of followed up stage).

General information

Acronym

Hot Flashes

IRCT registration information

IRCT registration number: **IRCT201103264317N3**

Registration date: **2011-05-15, 1390/02/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-05-15, 1390/02/25

Registrant information

Name

Fatemeh Nahidi

Name of organization / entity

Shahid Beheshti University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

The Pharmaceutical Sciences Research Center of Shahid Beheshti Medical Sciences University providing facilities and funding source to conduct this study.

Expected recruitment start date

2009-03-20, 1387/12/30

Expected recruitment end date

2009-12-21, 1388/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of Licorice on Relief and Recurrence of Menopausal Hot Flashes

Public title

Effects of Licorice on Relief and Recurrence of Menopausal Hot Flashes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: The subjects were between 45-60, had body mass index (BMI) under 29, experienced amenorrhea at least 1 year or at most 3 years, suffered from hot flash and used no drug or hormone to relieve it. In addition, they had no known disease in their medical records, didn't take antidepressants or sedatives, were married or lost their husbands not sooner than 1 year, experienced no stressful event (e.g. death of close family members, divorce etc.) in the past 6 months, were not vegetarian or had no allergy to herbs as well as no history of estrogenic cancers in themselves or their close relatives. Exclusion criteria: The subjects were decided to use drug or hormone and herbals medicin to relieve hot flashes.

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: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Single

Other design features

Age, duration of amenorrhea as well as onset, frequency and severity of hot flash as intervening variables were matched

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shaheed Beheshti University of Medical Sciences and Health Services

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

Approval date

2010-01-21, 1388/11/01

Ethics committee reference number

5538-114-03-86

Health conditions studied

1

Description of health condition studied

Hot flash

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female climacteric states

Primary outcomes

1

Description

Relief

Timepoint

Weekly

Method of measurement

Information form

2

Description

Recurrence

Timepoint

Weekly

Method of measurement

Information form

3

Description

Frequency of hot flash

Timepoint

At the end of each week, for 2 weeks before the intervention , for 8 weeks of the intervention for 4 weeks of followed up stage

Method of measurement

Information form

4

Description

Severity of hot flash

Timepoint

At the end of each week, for 2 weeks before the intervention , for 8 weeks of the intervention for 4 weeks of followed up stage

Method of measurement

Information form

Secondary outcomes

1

Description

Daily food intake

Timepoint

At the end of each week

Method of measurement

Information form

2

Description

Blood pressure

Timepoint

Weekly

Method of measurement

Sphygmomanometer(instrument for measuring blood pressure)

3

Description

Weight

Timepoint

Weekly

Method of measurement

Scale

Intervention groups

1

Description

Licorice capsules contained 330mg licorice root abstract. The subjects took them for 8 weeks 3 times a day (morning, noon and night).

Category

Treatment - Drugs

2

Description

Placebo capsules had 330mg starch with the same shape. The subjects in control group took them for 8 weeks 3 times a day (morning, noon and night).

Category

Placebo

Recruitment centers

1

Recruitment center**Name of recruitment center**

Health care centers affiliated to Shahid Beheshti Medical University .

Full name of responsible person

Fatemeh Nahidi faculty member of Shaheed Beheshti University of Medical Sciences ,MSc in Midwifery a

Street address

Health care centers affiliated to Shahid Beheshti Medical

City

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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Sbmu Pharmaceutical Sciences Research Center

Full name of responsible person

Farshad H. Shirazi

Street address

Sbmu Pharmaceutical Sciences Research Center ,School of Medicien, Below of Niyayesh,Avenue Valiasr

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Sbmu Pharmaceutical Sciences Research Center

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 of P

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

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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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Position

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Shaheed Beheshti University of Medical Sciences

Full name of responsible person

Fatemeh Nahidi

PositionFaculty 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**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*