

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

Comparison of the effect of eicosapentaenoic acid and docosahexaenoic acid on the treatment of depression

Protocol summary

Summary

The aim of this study was comparing the effect of eicosapentaenoic acid and docosahexaenoic acid on the treatment of depression in 81 mild to moderately depressed outpatients referring to Bahman psychiatry clinic in Yazd (Iran). After obtaining informed consent, the patients were randomized into three groups receiving eicosapentaenoic acid, docosahexaenoic acid, or placebo supplements using table of random numbers. The patients received eicosapentaenoic acid 1 g/day, docosahexaenoic acid, 0.93 g/day, or coconut oil (as placebo), 1 g/day for 12 weeks in the winter of 2011. Our primary outcome was severity of depression which was assessed with clinical interview by a psychiatrist at the study entry and weeks 6 and 12 by using HRSD.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201010054873N1**

Registration date: **2011-07-03, 1390/04/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-07-03, 1390/04/12

Registrant information

Name

Seyede Elahe Shariaty Bafghi

Name of organization / entity

Yazd University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shahid Sadughi University of Medical Sciences, Yazd, Iran

Expected recruitment start date

2010-08-16, 1389/05/25

Expected recruitment end date

2011-04-20, 1390/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of eicosapentaenoic acid and docosahexaenoic acid on the treatment of depression

Public title

Comparison of the effect of eicosapentaenoic acid and docosahexaenoic acid on the treatment of depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: ages between 18-75 years; a Beck Depression Inventory II score of 10-28; a Hamilton Rating Scale for Depression score of 8-18; no changes in doses or types of antidepressant medications within 4 weeks prior to the study entry; diagnose of mild to moderate depression with structured clinical interview by a psychiatrist according to DSM-IV-TR criteria Exclusion criteria: diagnosis of any co-morbid mental disorder other than depression, serious suicidal or homicidal thoughts; use of fish oil or omega, supplements within the last 6 months or having taken more than 3 servings per weeks of fish; any changes in doses or types of current antidepressant medications within study period

or use of psychotropics, anticonvulsants, mood stabilizers, and anticoagulants; cupping or blood coagulation disorders, gastrointestinal absorption disorders, and eating disorders; allergy to sea foods or study drugs, and history of multiple adverse drug reactions; history of electroconvulsive therapy or severe medical disorders that may lead in depression including cardiovascular, hepatic, renal, respiratory, and endocrine diseases; smoking and drug or alcohol abuse; pregnancy or breastfeeding; serious adverse effects and incompliance to study protocol

Age

From **18 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **81**

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

Shahid Sadughi University of Medical Sciences

Street address

Central Organization of Shahid Sadughi University of Medical Sciences, Bahonar Square, Yazd, Iran

City

Yazd

Postal code

8916978477

Approval date

2010-07-20, 1389/04/29

Ethics committee reference number

41170/1/17/پ

Health conditions studied

1

Description of health condition studied

Recurrent depressive disorder

ICD-10 code

F33

ICD-10 code description

Recurrent depressive disorder

Primary outcomes

1

Description

Severity of depression

Timepoint

Weeks 0, 6, and 12

Method of measurement

Hamilton Rating Scale for Depression

Secondary outcomes

1

Description

Remission

Timepoint

Week 12

Method of measurement

Hamilton Rating Scale for Depression

Intervention groups

1

Description

Control group: receiving coconut oil 1000 mg/day (2 oral capsules) for 12 weeks

Category

Placebo

2

Description

First intervention group: receiving eicosapentaenoic acid 1000 mg/day (2 oral capsules) for 12 weeks

Category

Treatment - Drugs

3

Description

Second intervention group: receiving docosahexaenoic acid 930 mg/day (2 oral capsules) for 12 weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Bahman Psychiatry Clinic

Full name of responsible person

Dr. Seyed Mojtaba Yassini Ardakani

Street address

Bahman Psychiatry Clinic, Kashani Street, Yazd, Iran

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Web page address**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Research Accessory of Shahid Sadughi University of Medical Sciences

Full name of responsible person

Dr. Hasan Mozaffari Khosravi

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

Yes

Title of funding source

Research Accessory of Shahid Sadughi 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**

Department of Nutrition, School of Health, Shahid Sadughi University of Medical Sciences

Full name of responsible person

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Web page address**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