

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of Hydro alcoholic Extract of Mentha Piperita (Mint) as a Complementary Treatment on the severity of Depressive Disorder

Protocol summary

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Summary

This study was carried out to determine the effect of hydro alcoholic extract of Mentha Piperita or Mint (Lamiaceae family) as a complementary treatment on the severity of depressive disorder. This is a triple blind randomized clinical trial was carried out on depressed patients referred to Shahid Mofateh Clinic of Yasouj city during 2007-2008. A total of 120 patients were randomly divided into 5 equal groups to receive placebo, or 10 mg, 50 mg, 100 mg or 200 mg hydro alcoholic extract of Mentha Piperita for two months. After this period, the severity of depression of the patients was evaluated by BDI and DSM IV-TR criteria and compared between groups.

Recruitment status

Recruitment complete

Funding source

Yasouj University of Medical Sciences

Expected recruitment start date

2007-04-20, 1386/01/31

Expected recruitment end date

2008-04-20, 1387/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201011105147N1**

Registration date: **2011-01-13, 1389/10/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-01-13, 1389/10/23

Registrant information

Name

Nazir Hashemi Mohammad Abad

Name of organization / entity

Yasuj University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

Scientific title

The effect of Hydro alcoholic Extract of Mentha Piperita (Mint) as a Complementary Treatment on the severity of Depressive Disorder

Public title

The effect of Hydro alcoholic Extract of Mentha Piperita (Mint) as a Complementary Treatment on the severity of Depressive Disorder

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 18-60 years, having depressive symptoms for at least two weeks, having a similar treatment except extract Mentha Piperita Exclusion criteria: Other psychological disorder, history of admission in psychiatry ward, receiving treatment by ECT (electroconvulsive therapy), history of using any drug except antidepressant drug by psychiatrist in this research

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 120

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Yasouj University of Medical Sciences, Ethics committee

Street address

Yasouj University of Medical Sciences, Bahonar boulevard, Yasouj

City

Yasouj

Postal code

Approval date

2006-12-09, 1385/09/18

Ethics committee reference number

85918-14

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32

ICD-10 code description

Depressive disorder

Primary outcomes

1

Description

Severity of depression

Timepoint

Baseline and 2 months after intervention

Method of measurement

Beck Depression Inventory (BDI) and psychiatry

interview by DSM IV-TR

Secondary outcomes

empty

Intervention groups

1

Description

Oral mint capsule, 100 mg, once daily for two month

Category

Treatment - Drugs

2

Description

Oral mint capsule, 10 mg, once daily for two month

Category

Treatment - Drugs

3

Description

Oral mint capsule, 50 mg, once daily for two month

Category

Treatment - Drugs

4

Description

Oral mint capsule, 200 mg, once daily for two month

Category

Treatment - Drugs

5

Description

Placebo oral capsule, once daily for two month

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Mofate Clinic of Yasouj

Full name of responsible person

Nazir Hashemi Mohammad Abad

Street address

No 19, 5 Bahonar, Oghab square, Yasouj

City

Yasouj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research

Full name of responsible person

Nazir Hashemi Mohammad Abad

Street address

NO 19, 5 Bahonar, Oghab Square, Yasouj

City

Yasouj

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

Yes

Title of funding source

Vice-chancellor for Research

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**

Yasouj University of Medical Sciences

Full name of responsible person

Nazir Hashemi Mohammad Abad

Position

Assistant Professor of Psychiatry

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

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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*