Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

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

Protocol summary

Summary

This study was carried out to determine the effect of hydro alcoholic extract of Mentha Pipperita 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 Pipperita 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.

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

+98 74 1222 4696

Email address

n-hashemi@yums.ac.ir

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

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 Pipperita 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
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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
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Person responsible for updating data

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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