

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Evaluating the effects of *Rosmarinus officinalis* L. on memory function, mental health, sleep quality and oxidative stress in university students

#### Protocol summary

##### Summary

The aim of this placebo controlled double blind randomized clinical trial is evaluating the effects of *Rosmarinus officinalis* L. on memory function, mental health, sleep quality and oxidative stress in university students. Inclusion criterion is students ranged in age from 20 to 25 years old. The main exclusion criteria are lactation and pregnancy. A total of 50 students will be recruited from Kerman University of Medical Sciences. These students will be divided in to two groups (intervention and placebo), each have 25 patients, using block randomization. After signing informed consent form by students, powdered rosemary will be administered as one 500 mg capsule twice daily for one month in interventional group and students will take placebo with the same dose and frequency in control group. Memory function, depression, anxiety and sleep quality will be evaluated using self-reported questionnaires at baseline and after one month. Also, oxidative stress biomarkers is measured at baseline and after one month.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201703136026N6**

Registration date: **2017-05-01, 1396/02/11**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-05-01, 1396/02/11

##### Registrant information

###### Name

Fatemeh Dabaghzadeh

##### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 34 3132 5034

###### Email address

dabaghzadeh@razi.tums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Kerman University of Medical Sciences

##### Expected recruitment start date

2017-04-01, 1396/01/12

##### Expected recruitment end date

2018-04-01, 1397/01/12

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Evaluating the effects of *Rosmarinus officinalis* L. on memory function, mental health, sleep quality and oxidative stress in university students

##### Public title

Evaluating the effects of *Rosmarinus officinalis* L. on memory function, mental health, sleep quality and oxidative stress in university students

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: University student in the 20-25 age range; Having an underlying disease Exclusion: Pregnancy; Lactation

##### Age

From **20 years** old to **25 years** old

##### Gender

Both

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 50

### 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

Kerman University of Medical Sciences

##### Street address

Tahmasb abad Ave

##### City

Kerman

##### Postal code

#### Approval date

2017-03-13, 1395/12/23

#### Ethics committee reference number

IR.KMU.REC.1395.1016

## Health conditions studied

### 1

#### Description of health condition studied

Memory

#### ICD-10 code

F06.7

#### ICD-10 code description

Mild cognitive disorder

### 2

#### Description of health condition studied

Depression

#### ICD-10 code

F32.9

#### ICD-10 code description

Depressive episode, unspecified

### 3

#### Description of health condition studied

Anxiety

#### ICD-10 code

F41.9

#### ICD-10 code description

Anxiety disorder, unspecified

### 4

#### Description of health condition studied

Sleep disorder

#### ICD-10 code

G47

#### ICD-10 code description

Sleep disorders

## Primary outcomes

### 1

#### Description

Memory

#### Timepoint

At baseline and after 1 month

#### Method of measurement

Questionnaire

### 2

#### Description

Oxidative stress

#### Timepoint

At baseline and after 1 month

#### Method of measurement

Oxidative stress biomarkers

## Secondary outcomes

### 1

#### Description

Mental disorders

#### Timepoint

At baseline and after 1 months

#### Method of measurement

Questionnaire

## Intervention groups

### 1

#### Description

Intervention: one 500 mg powdered rosemary twice daily for one month

#### Category

Treatment - Drugs

### 2

#### Description

Control: One placebo capsule twice daily for one month

**Category**

Placebo

**Recruitment centers**

1

**Recruitment center**

**Name of recruitment center**

Kerman University of Medical Sciences

**Full name of responsible person**

Fatemeh Dabaghzadeh

**Street address**

Haft-Bagh High-Way

**City**

Kerman

**Sponsors / Funding sources**

1

**Sponsor**

**Name of organization / entity**

Kerman Univesity of Medical Sciences

**Full name of responsible person**

Abbas Pardakhty

**Street address**

Tahmasb abad Ave

**City**

Kerman

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Kerman Univesity 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**

Kerman Univesity of Medical Sciences

**Full name of responsible person**

Fatemeh Dabaghzadeh

**Position**

Clinical Pharmacist

**Other areas of specialty/work**

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**Email**

**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*