

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 University of Medical Sciences

Full name of responsible person

Fatemeh Dabaghzadeh

Position

Clinical Pharmacist

Other areas of specialty/work

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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