

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Investigating the effect of carrot (*Daucus carota*) seed capsules on the sexual desire of female patients with multiple sclerosis

#### Protocol summary

##### Study aim

Investigating the effect of carrot (*Daucus carota*) seed capsules on the sexual desire of female patients with multiple sclerosis

##### Design

Phase 2 randomized double-blinded placebo parallel clinical trial on 40 patients Randomization using RandoMaization.com

##### Settings and conduct

Ghaeem hospital MS clinic

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: Married women; suffering from multiple sclerosis; Age between 18-45 years; complaining of lack or absence of sexual desire; more than 6 months have passed since their marriage; Normal pelvic examination findings; Have a normal pap smear in the past 3 years; Have access to having sex with a partner monthly for at least 15 days. Exclusion criteria: Pregnancy or breastfeeding; Menopause; Disability or serious medical problem that requires constant care and treatment; Suffering from major depressive disorder and other psychiatric disorders; Husband's sexual problems; Divorce.

##### Intervention groups

Intervention group: Women suffering from multiple sclerosis who use 500 mg capsules containing carrot seed powder 3 times a day for 12 weeks. Placebo group: Women suffering from multiple sclerosis who use placebo capsules similar to carrot seed capsules three times a day for 12 weeks.

##### Main outcome variables

The overall score of the FSFI questionnaire, which is evaluated at the beginning of the study and every 4 weeks until the 12th week.

#### General information

##### Reason for update

Unfortunately, due to the specific family circumstances

of some patients, including the lack of consent of the patients' spouses, as well as changes in the project's clinical specialist colleagues due to immigration, the patient recruitment was not completed on time, and the researchers were forced to extend the sampling period for this project.

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180103038199N14**

Registration date: **2023-03-14, 1401/12/23**

Registration timing: **prospective**

Last update: **2025-12-16, 1404/09/25**

Update count: **1**

##### Registration date

2023-03-14, 1401/12/23

##### Registrant information

##### Name

Vahid Reza Askari

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3800 2264

##### Email address

askariv941@mums.ac.ir

##### Recruitment status

**recruiting**

##### Funding source

##### Expected recruitment start date

2023-04-21, 1402/02/01

##### Expected recruitment end date

2028-04-20, 1407/02/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

### Scientific title

Investigating the effect of carrot (*Daucus carota*) seed capsules on the sexual desire of female patients with multiple sclerosis

### Public title

Investigating the effect of carrot seed capsules on the sexual desire of female patients with multiple sclerosis

### Purpose

Treatment

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Married women with multiple sclerosis Age between 18-45 With complaints of lack or absence of sexual desire More than 6 months have passed since their marriage Normal pelvic examination findings Have a normal pap smear in the last 3 years Have access to having sex with a partner monthly for at least 15 days

#### Exclusion criteria:

Pregnancy or breastfeeding Menopause Any disability or serious medical problem that requires constant care and treatment Suffering from major depressive disorder and other psychiatric disorders Husband's sexual problems Divorce

### Age

From **18 years** old to **45 years** old

### Gender

Female

### Phase

2

### Groups that have been masked

- Participant
- Investigator
- Data analyser

### Sample size

Target sample size: **40**

### Randomization (investigator's opinion)

Randomized

### Randomization description

The blocked randomization method is used. The volume of each block will be four. Then the list of blocks is written and numbers assigned to them, for example (AABB(1)- BBAA(2)- BABA(3)- BAAB(4)), which will be 10 blocks according to the sample size of 40. Then random numbers between 1 and 10 are selected according to the randomization site Randomization.com and finally, the treatment allocation list is determined based on the random numbers.

### Blinding (investigator's opinion)

Double blinded

### Blinding description

Using sealed envelopes Due to the use of a placebo similar to the intervention treatment, the investigator and the participants will not be informed of the assigned treatment, and the analyst will also be unaware of the assigned treatment for the two groups. Finally, after analyzing the data, the researcher who prepared the packages will reveal codes A and B.

### Placebo

Used

### Assignment

Parallel

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committees of School of Medicine- Mashhad University of Medical Sciences

##### Street address

School of medicine, Paradise of University, Vakil-Abad Blvd., Azadi Sq., Mashhad

##### City

Mashhad

##### Province

Razavi Khorasan

##### Postal code

9177948564

#### Approval date

2022-09-06, 1401/06/15

#### Ethics committee reference number

IR.MUMS.MEDICAL.REC.1401.429

## Health conditions studied

### 1

#### Description of health condition studied

Women suffering from multiple sclerosis complaining of lack or absence of sexual desire

#### ICD-10 code

F52.0

#### ICD-10 code description

Hypoactive sexual desire disorder

## Primary outcomes

### 1

#### Description

Overall score of the FSFI questionnaire

#### Timepoint

At the beginning of the study and then every 4 weeks until week 12

#### Method of measurement

FSFI Questionnaire

## Secondary outcomes

### 1

#### Description

Fatigue rate

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

MFIS fatigue assessment questionnaire

**2****Description**

The level of anxiety and depression

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Spielberger anxiety questionnaire

**3****Description**

LH levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**4****Description**

FSH levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**5****Description**

Prolactin levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**6****Description**

Testosterone levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**7****Description**

CBC diff levels

**Timepoint**

At the beginning of the study and after 6 and 12 weeks of treatment

**Method of measurement**

Laboratory kit

**8****Description**

Interleukin-6 levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**9****Description**

TNF-a levels

**Timepoint**

At the beginning of the study and after 12 weeks of treatment

**Method of measurement**

Laboratory kit

**Intervention groups****1****Description**

Intervention group: Women suffering from multiple sclerosis with complaints of lack or absence of sexual desire use 500 mg capsules containing carrot seed powder 3 times a day for 12 weeks.

**Category**

Treatment - Drugs

**2****Description**

Control group: Women suffering from multiple sclerosis with complaints of lack or absence of sexual desire use 500 mg placebo capsules similar to carrot seed capsules 3 times a day for 12 weeks.

**Category**

Placebo

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Ghaem Hospital MS clinic- Mashhad University of Medical Sciences

**Full name of responsible person**

Dr. Vahid Reza Askari

**Street address**

Ghaem hospital, Ahmadabad Blvd, Mashhad

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9138813944

**Phone**

+98 51 3800 2000

**Email**

askariv@mums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr. Mohsen Tafaghodi

**Street address**

Deputy of Research and Technology of the University  
, Qurashi Building, Next to Hoveyzeh Cinema,  
University Street

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9138813944

**Phone**

+98 51 3841 2081

**Email**

ramresearch@mums.ac.ir

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Mashhad University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

Academic

## Person responsible for general inquiries

#### Contact

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr. Vahid Reza Askari

**Position**

Assistant professor of clinical pharmacology

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Medical Pharmacy

**Street address**

Faculty of medicine, Paradise of University, Vakil-  
Abad Blvd., Azadi Sq., Mashhad

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9177948564

**Phone**

+98 51 3800 2264

**Fax**

**Email**

askariv@mums.ac.ir

## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Mashhad University of Medical Sciences

**Full name of responsible person**

Dr. Vahid Reza Askari

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**Full name of responsible person**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Undecided - It is not yet known if there will be a plan to make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to

make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to make this available

**Clinical Study Report**

Undecided - It is not yet known if there will be a plan to make this available

**Analytic Code**

Undecided - It is not yet known if there will be a plan to make this available

**Data Dictionary**

Undecided - It is not yet known if there will be a plan to make this available