Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the efficacy of venlafaxine alone and venlafaxine with lavender in the treatment of patients with depression

Protocol summary

Summary

In this study that aimed to compare the efficacy of venlafaxine and lavender in the treatment of depression in patients without psychotic view, 120 patients with major depression without psychotic view referring to Psychiatric Clinic of Shahrekord University of Medical Sciences were randomly divided into three groups: venlafaxine, venlafaxine and lavender, venlafaxine and placebo groups. Patients in the control group received 37.5 mg of venlafaxine daily for 6 weeks , in the placebo groupthey received daily 37.5 mg of venlafaxine and every 12 hours one placebo T-Bag (peppermint) and the case group received daily 37.5 mg of venlafaxine and every 12 hours one T-Bag of lavender. Prior to the intervention, three weeks after the intervention and in the end of intervention, the patients were followed up and side effects, symptoms of depression and suicide risk assessed were recorded. In this study, the data were collected using questionnaire including demographic data, drug side effects and Hamilton Anxiety Depression Scale .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201604116480N13**
Registration date: **2016-05-14, 1395/02/25**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-05-14, 1395/02/25

Registrant information

Name

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Name of organization / entity

Shahrekord University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Vice Chancellory for research and technology of Shahrekord University Of Medical Sciences

Expected recruitment start date

2015-07-23, 1394/05/01

Expected recruitment end date

2015-10-23, 1394/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the efficacy of venlafaxine alone and venlafaxine with lavender in the treatment of patients with depression

Public title

Comparison of the effects of lavender and venlafaxine in the treatment of depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients referring to psychiatric clinic of Shahrekord University of Medical Sciences; depression diagnosed by a psychiatrist for the first time. Exclusion criteria: being sensitive to lavender; history of previous use of antidepressants or antidepressant properties of

lavender or plants; patients with psychosis and diabetes.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Shahrekord University Of Medical Sciences

Street address

Shahrekord University Of Medical Sciences, Kashani Blvd

City

Shahrekord

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

1824

Health conditions studied

1

Description of health condition studied

Depression without psychotic symptoms

ICD-10 code

F32.2

ICD-10 code description

Severe depressive episode without psychotic symptoms

Primary outcomes

1

Description

depression

Timepoint

Before the intervention, three weeks after the start of intervention and six weeks after the intervention

Method of measurement

Hamilton Depression and Anxiety Inventory

2

Description

Anxiety

Timepoint

Before the intervention, three weeks after the start of intervention and six weeks after the intervention

Method of measurement

Hamilton Depression and Anxiety Inventory

Secondary outcomes

1

Description

drug side effects

Timepoint

3 and 6 weeks after the intervention

Method of measurement

questionnaire

Intervention groups

1

Description

In Placebo group, treatment includes venlafaxine 37.5 mg daily routine and oneT-Bag placebo (peppermint) every 12 hours (1/5 g)

Category

Placebo

2

Description

In the case group, treatment includes venlafaxine 37.5 mg daily routine every 12 hours one lavender teabag (1/5 g)

Category

Treatment - Drugs

3

Description

Routine treatment, daily 37.5 mg of venlafaxine

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Hajar Hospital

Full name of responsible person
Doctor Masoud Nikfarjam
Street address
Psychiatry Department, Hajar Hospital, Parastar Street
City
Shahrekord

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahrekord, Medical Sciences University Of
Full name of responsible person
Doctor Kamal Solati
Street address
Vice Chancellory for research, Shahrekord University Of Medical Sciences, Kashani Blvd
City
Shahrekord
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shahrekord, Medical Sciences University Of
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
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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