

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Study the effectiveness of curcumin on depression in patients with depression and anxiety

Protocol summary

Study aim

Comparison of the average depression score 8 weeks after receiving (drug plus curcumin) and receiving group (drug plus placebo)

Design

A clinical trial with a control group/double blind/randomized with block method/phase 3/on 100 patients

Settings and conduct

The place of research in this study is a psychiatrist's doctor's office in Tabriz city. A written informed consent form will be obtained and a depression and anxiety questionnaire specific to patients with depression and anxiety will be completed before allocation in groups. Then, the participants will be randomized by block method with the size of blocks of four and six and with an allocation ratio of 1:1. They will be assigned to two intervention groups (curcumin capsule recipients) and control groups (placebo recipients). Allocation sequence will be done by someone not involved in sampling and data collection. Curcumin and placebo capsules will be prepared by Dina Pharmaceutical Company in a completely similar way in terms of appearance

Participants/Inclusion and exclusion criteria

Admission of people suffering from depression and anxiety from the age of 18 to 65 years Exclusion of pregnant and lactating people, people who are allergic to curcumin, people who take other curcumin supplements, and people who have other mental disorders.

Intervention groups

For the intervention group, curcumin capsules with a dose of 500 mg were considered, and for the control group, a placebo for 8 weeks

Main outcome variables

Eight weeks after the start of the intervention, the re-evaluation of depression and anxiety symptoms and quality of life for patients with depression and anxiety will be completed by the participants.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180404039187N10**

Registration date: **2023-07-22, 1402/04/31**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-22, 1402/04/31**

Update count: **0**

Registration date

2023-07-22, 1402/04/31

Registrant information

Name

Elnaz Shaseb

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 1337 2250

Email address

shasebe@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-06-20, 1402/03/30

Expected recruitment end date

2023-12-21, 1402/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effectiveness of curcumin on depression in patients with depression and anxiety		golgasht St, tabriz	
Public title	The effect of turmeric on depression and anxiety	City	Tabriz
Purpose		Province	East Azarbaijan
Treatment		Postal code	5166614766
Inclusion/Exclusion criteria		Approval date	2023-06-11, 1402/03/21
Inclusion criteria:	Being at least 18 years old and at most 65 years old Suffering from depression and anxiety	Ethics committee reference number	IR.TBZMED.REC.1402.197
Exclusion criteria:			
Allergy to curcumin pregnancy breastfeeding Consumption of curcumin products Age less than 18 and more than 65 years Having a mental illness other than depression and anxiety			
Age	From 18 years old to 65 years old	Health conditions studied	
Gender		1	
Both		Description of health condition studied	
		Depression	
Phase		ICD-10 code	F32.1
3		ICD-10 code description	Major depressive disorder, single episode, moderate
Groups that have been masked			
	- Care provider - Investigator		
Sample size	Target sample size: 100		
Randomization (investigator's opinion)	Randomized		
Randomization description	The participants will be assigned to two groups of intervention (receiver of curcumin capsule) and control (receiver of placebo) by random block method with the size of blocks of four and six and with allocation ratio of 1:1. Allocation sequence will be done by someone not involved in sampling and data collection		
Blinding (investigator's opinion)	Double blinded	Primary outcomes	
Blinding description	participant/ investigator	1	
Placebo	Used	Description	
Assignment	Factorial	Symptoms of depression and anxiety	
Other design features		Timepoint	
		At the beginning of the study and week 4 and week 8	
		Method of measurement	
		Hamilton questionnaire for depression and Beck questionnaire for anxiety	
Secondary outcomes			
empty			
Intervention groups			
1			
Description			
Intervention group: Receive 500 mg curcumin capsules for 8 weeks			
Category			
Treatment - Drugs			
2			
Description			
Control group: placebo recipient			

Category

Placebo

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

Imam Reza Hospital

Full name of responsible person

Elnaz shaseb

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golgasht St, azadi avenue, tabriz**City**

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2**Recruitment center****Name of recruitment center**

Sheikh Al Rais Clinic

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Tabriz University of Medical Sciences

Full name of responsible person

Parviz Shahabi

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Tabriz 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**

Tabriz University of Medical Sciences

Full name of responsible person

Elnaz shaseb

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

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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