

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of aerobic exercise and Aphrodite supplement on the level of some oxidative stress factors and neurogenesis of transmitters related to mental and psychological disorders of postmenopausal women with depression

#### Protocol summary

##### Study aim

The aim of this study was to investigate the effect of twelve weeks of moderate-intensity aerobic exercise and Aphrodite supplement on level of some neural factors related to mental and psychological disorders of postmenopausal women

##### Design

200 married postmenopausal women are divided into four groups. The first group, the control group, the second group, the program of aerobic exercises, walking and light jogging with moderate intensity of 65-70% heart rate on the treadmill for twelve weeks, the third group, twelve weeks of aerobic exercise plus two doses per day of Aphrodite supplement, and the fourth group only two doses per day of the supplement. Aphrodite

##### Settings and conduct

Study place: Mostaghni gym club. We will give a questionnaire to 200 married postmenopausal women between 55 and 60 years of age with six-month LMP and serum estradiol less than 35 picogram per deciliter with healthy physical condition. Each of them is tested and sampled and then they are divided into four groups and they benefit from supplements and aerobic exercise for 12 weeks and at the end, the testing is done again.

##### Participants/Inclusion and exclusion criteria

Two hundred menopausal women residing in Isfahan Province, who had mild depression according to the Hamilton Depression Questionnaire, people should not have certain chronic and systemic diseases (especially cardiovascular problems) and should not take any other drugs during the study period.

##### Intervention groups

Participants were divided into six groups: control, aerobic exercise, aphrodisiac supplementation, and aerobic exercise+ aphrodisiac supplementation, based on the inclusion criteria.

##### Main outcome variables

Superoxide dismutase (SOD); malondialdehyde (MDA);

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20231009059661N1**

Registration date: **2023-12-30, 1402/10/09**

Registration timing: **retrospective**

Last update: **2023-12-30, 1402/10/09**

Update count: **0**

##### Registration date

2023-12-30, 1402/10/09

##### Registrant information

##### Name

Farzaneh Mostaghni

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 3565 6598

##### Email address

f.mostaghni.is@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-11-01, 1402/08/10

##### Expected recruitment end date

2023-11-21, 1402/08/30

##### Actual recruitment start date

empty  
**Actual recruitment end date**  
empty  
**Trial completion date**  
empty  
**Scientific title**  
Effect of aerobic exercise and Aphrodite supplement on the level of some oxidative stress factors and neurogenesis of transmitters related to mental and psychological disorders of postmenopausal women with depression

**Public title**  
Effect of aerobic exercise and supplement on ROS and neurogenesis in depressed postmenopausal women

**Purpose**  
Treatment

**Inclusion/Exclusion criteria**

**Inclusion criteria:**

6 months old LMP and serum estradiol less than 35 picogram per deciliter BMI between 26-29 Moderate depression using a questionnaire based on Beck anxiety inventory (BAI)

**Exclusion criteria:**

Not having any special chronic or systemic disorder

**Age**

From **55 years** old to **60 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **200**

**Randomization (investigator's opinion)**

N/A

**Randomization description**

**Blinding (investigator's opinion)**

Not blinded

**Blinding description**

**Placebo**

Not used

**Assignment**

Parallel

**Other design features**

**Secondary Ids**

empty

**Ethics committees**

**1**

**Ethics committee**

**Name of ethics committee**

Ethics committee of Azad Islamic University of Isfahan(Khorasgan)

**Street address**

Azad Islamic University- Daneshgah Blvd-

Arghavanieh Street  
**City**  
Khorasgan  
**Province**  
Isfahan  
**Postal code**  
8155139998  
**Approval date**  
2023-02-14, 1401/11/25  
**Ethics committee reference number**  
IR.IAU.KHUISF.REC.1401.389

**Health conditions studied**

**1**

**Description of health condition studied**

Depression

**ICD-10 code**

F32.8

**ICD-10 code description**

Other depressive episodes

**Primary outcomes**

**1**

**Description**

Malondialdehyde(MDA)

**Timepoint**

Before starting the intervention and twelve weeks after that

**Method of measurement**

serum concentration of CGRP by ELISA method

**2**

**Description**

Superoxide dismutase(SOD)

**Timepoint**

Before starting the intervention and twelve weeks after that

**Method of measurement**

serum concentration of superoxide dismutase by ELISA method

**Secondary outcomes**

empty

**Intervention groups**

**1**

**Description**

Intervention group 1: twelve weeks aerobic exercise, from 50 pre cent of HRm(in first week) to 70 pre cent of that in last five weeks

**Category**

Treatment - Drugs

## 2

### Description

Intervention group 2: 12 weeks of aerobic training plus Aphrodite supplement twice a day (each capsule contains 40 mg of sea buckthorn fruit, 72.12 mg of ginger, 3.3 mg of saffron and 11 mg of cinnamon and weighs approximately 70 mg has it .

### Category

Treatment - Drugs

## 3

### Description

Intervention group 3: using Aphrodite supplement twice a day for twelve weeks (each capsule contains 40 mg of sea buckthorn fruit, 72.12 mg of ginger, 3.3 mg of saffron and 11 mg of cinnamon and weighs approximately 70 mg has it )

### Category

Treatment - Drugs

## 4

### Description

Control group: without intervention

### Category

N/A

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Mostaghni gym

#### Full name of responsible person

Farzaneh Mostaghni

#### Street address

5th Alley, South Tohid street

#### City

Isfahan

#### Province

Isfahan

#### Postal code

8173963913

#### Phone

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#### Email

f.mostaghni.is@gmail.com

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Islamic Azad University Isfahan(Khorasgan) branch  
research Deputy

#### Full name of responsible person

Farzaneh Mostaghni

#### Street address

Islamic Azad University, Arghavanieh Ave, Khorasgan

### City

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### Province

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8755181551

### Phone

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### Email

f\_taghian@yahoo.com

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Islamic Azad University Isfahan(Khorasgan) branch  
research Deputy

### Proportion provided by this source

50

### 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

Islamic Azad University

#### Full name of responsible person

Farzaneh Taghian

#### Position

Associate professor

#### Latest degree

Ph.D.

#### Other areas of specialty/work

Sport Medicine

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8183895183

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## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Islamic Azad University  
**Full name of responsible person**  
Farzaneh Mostaghni  
**Position**  
student  
**Latest degree**  
Master  
**Other areas of specialty/work**  
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## Person responsible for updating data

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Islamic Azad University  
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Associate professor  
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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