

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The impact of Omega-3 fatty acids on depression of post menopausal women

Protocol summary

Summary

This double-blind clinical trial was conducted to identify the effects of Omega-3 fatty acids on post menopausal depression in women referring to health center 17 shahrivar to Ahvaz Medical University in 2010. Inclusion criteria: postmenopausal women with at least one of the last menstruation is married postmenopausal women; having read and write, are mild to moderate depression. (18-8 with a test of Hamilton depression score) and the criteria for withdrawal from the study include having any systemic disease, hypertension, asthma or severe thyroid disease (hypothyroidism and hyperthyroidism, severe) of the sample reported a history of smoke and alcohol. Mkhdrv said, having a history of allergy to fish and gelatin products, those who score over 18, depression (severe depression) there is. The experimental group received a 2 gram Omega-3 capsule while the control group took a placebo 2 capsule containing 1 gram mineral oil daily over 8 weeks of intervention. The severity of depression was identified before the intervention and in the second, fourth, sixth and eighth weeks after it.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201109297669N1**

Registration date: **2011-10-19, 1390/07/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-10-19, 1390/07/27

Registrant information

Name

Zahra Shalika

Name of organization / entity

Ahvaz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 15 1324 2404

Email address

shalika-z@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2011-05-10, 1390/02/20

Expected recruitment end date

2011-10-04, 1390/07/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of Omega-3 fatty acids on depression of post menopausal women

Public title

The impact of Omega-3 fatty acids on depression

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: postmenopausal women who have passed at least one year of their menstruation; married postmenopausal women; having read and write; have mild to moderate depression. (Hamilton test for depression score 18-8). Exclusion criteria: those who score over 18, depression (severe depression) are; use of complementary medicine techniques and herbal

remedies for depression during the study ; not taking medication for consecutive days ; any history of chronic mental problems (psychosis - mania - schizophrenia, etc.) and risk of autoimmune disorders such as lupus, Aids ; The use of psychiatric drugs and drugs such as propranolol, steroids, Aspirin, heparin and warfarin and the risk of clotting disorders; having any systemic disease, hypertension, asthma or severe thyroid disease (hypothyroidism and hyperthyroidism, severe); Be. ; Examples of the use of smoke and alcohol Mkhdrv to the report. ; Having a history of allergy to fish gelatin products. ; surgery such as hysterectomy, radical women, Vazhynvblasty and artificial menopause.

Age

From **45 years** old to **70 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

ahvaz medical university

Street address

ahvaz. bolvare golestan.ahvaz medical university

City

ahvaz

Postal code

Approval date

2011-03-11, 1389/12/20

Ethics committee reference number

150-ETH

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F33.0

ICD-10 code description

Recurrent depressive disorder, current episode mild

Primary outcomes

1

Description

Depression levels

Timepoint

0 week, 2 week, 4 week, 6 week, 8 week

Method of measurement

psychologist and Hamilton questioner

Secondary outcomes

1

Description

Diarrhea

Timepoint

Daily

Method of measurement

Self report

Intervention groups

1

Description

In the case of two one-gram capsules (each capsule contains 120 mg and 180 mg Aykvz Dvkvzahgza Noic acid is the Pntanoic acid) daily for 8 weeks would be.

Category

Treatment - Drugs

2

Description

In The control group took a placebo 2 capsule containing 1 gram mineral oil daily over 8 weeks .

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center 17 Shahrivar to Ahvaz

Full name of responsible person

Zahra Shalika, Student Of Ms Degree Midwifery .
Jondishapoor University of Medical Sciences .

Street address

17 Shahrivar Street, Health center 17 Shahrivar

City

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Faculty of Medical Sciences, Ahwaz

Full name of responsible person

Dr Fegghi

Street address

Golestan Street ,Medical Sciences Of Ahvaz

City

Ahvaz

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

Yes

Title of funding source

Faculty of Medical Sciences, Ahwaz

Proportion provided by this source**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

2

Sponsor

Name of organization / entity

Faculty of Medical Sciences, Ahwaz

Full name of responsible person

Dr Fegghi

Street address

Golestan Street ,Faculty of Medical Sciences

City

Ahvaz

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

Yes

Title of funding source

Faculty of Medical Sciences, Ahwaz

Proportion provided by this source**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

ahvaz medical university

Full name of responsible person

mitra tadayon najafabady

Position

post graguate

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Person responsible for scientific inquiries

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Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Zahra Shalika-r

Position

Student Of Ms Degree Midwifery . .

Other areas of specialty/work**Street address**

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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