

Article: 1829

Topic: EPV37 - e-Poster 37: Women, Gender and Mental Health

Effect of Red Clover On Postmenopausal Psychological Symptoms, a Triple Blind Randomized Placebo Control Clinical Trial

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Menopause psychological symptoms may have negative effect on quality of life and must manage with safe method.

Objective: To determine the effect of Red Clover on postmenopausal psychological symptoms.

Method: A triple blind randomized placebo- controlled clinical trial was conducted to assess the effect of Red Clover on postmenopausal psychological symptoms in 72 volunteer healthy women, whom had been visited in one of menopausal clinic in west of Tehran. (Year 2012-2013). The intervention group received daily 2 capsules containing 40 mg dried leaves of Red Clover for three months; the control group received 2 capsules containing 40 mg Starch in the same way. Tools have two main parts; 1) Personal characteristics, 2) Psychological symptoms scale, as obtained through psychological sub scale of Menopause Rating Scale (MRS). Data analyzed by using descriptive and inferential statistic and all ethical points were considered.

Results: Equality of demographic characteristics and menopause psychological symptoms scale before intervention had been. The average score of the psychological symptoms scale before intervention was 7.50 ± 4.24 , and after first, second and third month was 5.11 ± 2.76 , 4.13 ± 2.62 , and 2.69 ± 1.69 . There was significant difference between intervention and placebo group, also there were significant decrease during three months. (P-value: 0.001)

Conclusion: 40 mg daily use of dried leaves of Red clover for three months had been effective in reducing menopause psychological symptoms. No side effects had been seen during study and one month later.

Acknowledgments: Received grants from Research department of Tehran University of Medical Sciences. (Year 2012- 2013)