

The efficacy of treatment with St Johns Wort for premenstrual syndrome (PMS)

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
02/02/2009	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
03/04/2009	Completed	<input checked="" type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
01/03/2010	Urological and Genital Diseases	

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

Protocol serial number

UI04-6748

Study information

Scientific Title

A randomised, double-blind, placebo-controlled trial to test the efficacy of Hypericum perforatum (St Johns Wort) as a treatment for premenstrual syndrome (PMS)

Study objectives

The primary objective of the proposed study is to determine whether hypericum perforatum (900 mg/day) is more beneficial than placebo supplements in relieving premenstrual symptoms in women diagnosed as having at least mild pre-menstrual syndrome (PMS).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Leeds (West) Research Ethics Committee approval obtained 23 June 2005 (ref: 04/Q1205/173)

Study design

Interventional single centre randomised double-blind placebo-controlled cross-over study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Pre-menstrual syndrome (PMS)

Interventions

Random allocation to:

1. Hypericum perforatum tablets (900 mg/day)
2. Placebo tablets

After the three screening cycles, all women underwent a placebo run-in phase of two menstrual cycles, after which they were randomised to receive either Hypericum perforatum or placebo for two menstrual cycles. After a placebo-treated washout cycle, women were crossed over to placebo or Hypericum perforatum for a further two menstrual cycles.

Intervention Type

Drug

Phase

Phase IV

Drug/device/biological/vaccine name(s)

Hypericum perforatum (St John's Wort)

Primary outcome(s)

Improvement in premenstrual symptoms measured using the Daily Symptom Report, completed daily by the participants throughout the trial.

Key secondary outcome(s)

1. Other mood questionnaires, completed at the end of each week throughout the trial:
 - 1.1. State Trait Anxiety Inventory
 - 1.2. Beck Depression Inventory
 - 1.3. Aggression Questionnaire
 - 1.4. Barratt Impulsiveness Scale

2. Hormone levels, measured during the follicular (days 5 - 10) and luteal (days -6 to -1) phases of study cycles 3 (screening), 5 (placebo run-in), 7 (treatment phase I: Hypericum perforatum or placebo), 8 (washout) and 10 (treatment phase II: placebo or Hypericum perforatum):

- 2.1. Follicle stimulating hormone (FSH)
- 2.2. Luteinising hormone (LH)
- 2.3. Oestradiol
- 2.4. Progesterone
- 2.5. Prolactin
- 2.6. Testosterone

3. Cytokine concentration, measured during the follicular (days 5 - 10) and luteal (days -6 to -1) phases of study cycles 3 (screening), 5 (placebo run-in), 7 (treatment phase I: Hypericum perforatum or placebo), 8 (washout) and 10 (treatment phase II: placebo or Hypericum perforatum):

- 3.1. Interleukin-1 beta (IL-1beta)
- 3.2. Interleukin-6 (IL-6)
- 3.3. Interleukin-8 (IL-8)
- 3.4. Interferon-gamma (IFN-gamma)
- 3.5. Tumour-necrotising factor-alpha (TNF-alpha)

Completion date

01/01/2007

Eligibility

Key inclusion criteria

- 1. Women aged between 18 and 45 years
- 2. In good physical and psychological health (assessed by a clinician)
- 3. Regular menstrual cycles (25 - 35 days)
- 4. Experiencing at least a 30% increase in the total scale score on the Daily Symptom Report from their follicular (cycle days 5 - 10) to luteal (cycle days -6 to -1) phase in at least two out of three menstrual cycles

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Key exclusion criteria

- 1. Using hormonal contraception or treatment
- 2. Pregnant or breast-feeding

3. Taking prescribed or over the counter medication for PMS
4. Taking prescribed drugs which could interact with *Hypericum perforatum*
5. Photosensitive
6. Meeting criteria for anxiety and/or depression

Date of first enrolment

01/06/2005

Date of final enrolment

01/01/2007

Locations

Countries of recruitment

United Kingdom

England

Study participating centre**Institute of Psychological Sciences**

Leeds

United Kingdom

LS2 9JT

Sponsor information

Organisation

University of Leeds (UK)

ROR

<https://ror.org/024mrxd33>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

The Rosalind Bolton Bequest (UK)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<u>Results article</u>	results	01/03/2010		Yes	No
<u>Participant information sheet</u>	Participant information sheet	11/11/2025	11/11/2025	No	Yes