

Accepted Manuscript

Title: Efficacy of a freeze-dried aqueous extract of *Nepeta menthoides* Boiss. and Buhse in the treatment of anxiety in patients with depression: A double-blind, randomized, controlled trial

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PII: S2210-8033(17)30056-8
DOI: <http://dx.doi.org/10.1016/j.hermed.2017.08.003>
Reference: HERMED 192

To appear in:

Received date: 15-11-2015
Revised date: 21-1-2017
Accepted date: 16-8-2017

Please cite this article as: Firoozabadi, Ali, Kolouri, Sepideh, Zarshenas, Mohammad M., Salehi, Alireza, Mosavat, Seyed Hamdollah, Dastgheib, Seyed Ali, Efficacy of a freeze-dried aqueous extract of *Nepeta menthoides* Boiss. and Buhse in the treatment of anxiety in patients with depression: A double-blind, randomized, controlled trial. *Journal of Herbal Medicine* <http://dx.doi.org/10.1016/j.hermed.2017.08.003>

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Efficacy of *Nepeta menthoides* Boiss. & Buhse freeze- dried aqueous extract on the anxiety of patients with depression: A double-blind randomized controlled clinical trial

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ABSTRACT

Objective: To assess the efficacy and safety of a freeze dried, aqueous extract of *Nepeta menthoides* Boiss. & Buhse (*N. menthoides*) in reducing anxiety in patients suffering from depression.

Method: A two-armed, double-blind, randomized, controlled trial was conducted with 70 patients suffering from anxiety and depression. Participants were randomly assigned to two groups, receiving capsules of either *N. menthoides* or sertraline for four weeks. The Beck anxiety inventory (BAI) score together with side effects of the intervention were evaluated at baseline and then every two weeks up

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