Effectiveness of st john's wort for depression

This research proposal is meant to evaluate on how St John's Wort would be used to treat Depression. After its evaluations through the methods which are addressed in this research proposal there will be a clear definition of whether it is the most appropriate measures to be put in place by doctors and psychiatrist with an aim of mitigating and management of stress. The research hypothesis should be used to provide evidence on whither St. John Wort which is a herbal remedy would be able to cure or prevent depressions as compared to the conventional medicines used to mitigate it.

The hypothesis will also be meant to prove if this natural treatment by use of dietary supplements and herbal treatment which is also known as natural healing would be effective in; treating those who are suffering from minor depression. Support of that hypothesis will prove if use of St. John Wort is safe on treatment of any form of social anxiety disorder which is a main contributor to stress. It will also evaluate on in its effectiveness on treatment of obsessive compulsive disorder. The reason why the research should hypothesis on it it's because obsessive compulsive disorder deals with anxiety disorder which are the main factors of depression.

The disorder to be factored in is feelings, repetitive thoughts, behavior which make someone to be driven to do something or ideas. These are the main factors which contribute to depression due to recurrent repetitive thoughts that will be evaluated if St. John Wort would be able to take control over them as compared to conventional medicines. Finally the hypothesis will be geared to evaluate on how effective St. John Wort is and its safety as well for control and treatment of attention deficit hyperactivity disorder.

Most people who are depressed are also suffering from deficit hyperactivity disorder which is characterized by being easily distracted. The hypothesis is meant to evaluate on if it can be able to boost lost concentration that result to forgetting things or even missing details especially when someone is depressed is switching from one activity to another. Methodology Design For the method adopted to be effective I will use the design of meta-analysis and systematic review of trials to be done for the group to be researched on. The research will be done on patients whose selection will be determined on how severe they are in relation to depression. The methods which should be used to ensure that the research is successful are to test effectiveness of St. John Wort as well as its safety.

The se parameters which I would recommend to be used are first testing its effectiveness and safety for those who are having minor depression. The main reason on why the research should be proven with those who are suffering with minor depression is that, it's much easy to follow up on their progress and if it is successful. Its success would be good basis to proceed on with testing and treatment of social anxiety disorder which is more complex. This form of depression is also called manic depressive illness, it is not severe the main systems to be observed when the patients are taking the medicine are high energy and excitement, inappropriate and impulsive behavior and racing thoughts if it proves its effectiveness on this then it could be tested on higher levels of depression disorders. If the first test fails then it would not be necessary to proceed on with the second stage of testing which is more complicated. The most effective means of testing which should prove if testing is also done on to prove if St.

John Wort is effective is through testing of its safety and treatment of attention deficit hyperactivity disorder and obsessive compulsive disorder. Both of them are able to combine behavioral and biological factors which contribute to depression. This is a good combination as it is able to measure effectiveness on control of feelings and ideas which are a main contributor to depression. Trials The trails will be done in random from a group of 1000 out patients; the patients will be categorized in relation to how severe they are then select 20 patients from each group for testing purposes. Those with mild effect of depression should be given a lower dose as compared to those who are severe as their response to the medication would differ. It will also be necessarily to have an equal number of the sample patients to be treated using the conventional medicines whom would be used to compare on their response as opposed to those who are taking St.

John Wort. The medication will be done daily with each of the mild patient being given and 900mg/day while those who are sever with 1200 mg/day. Evaluation will be done after every two days on those who are treated with St. John Wort and conventional medicines. If there will be no changes on its effectiveness then we would add 100mg/day on both categories of patients such increase would also be reviewed within two days until we are sure on its effectiveness and the quantity which would be used for it to be effective. The measures to be used are the ratio despondence on each of the testing being done depending on the ratio of patients who are gettinng better for both means of treatment every day, because it's not possible for all patients to responded at the same time.

The higher the rate of respondent of either the conventional medicine or St John Wort will determine the most effective means of treating depression. Secondary data The secondary sources will include reviewing published and unpublished medical journals and books. These journals and books must be accepted by the UK medical fraternity; the search will involve full text and abstracts of the keywords related to St John's Wort and hypericin tests methods. This will help in giving reliable information on other tests done on the drug; in addition, it will give the idea of how the drug is administered and in what quantities is best to produce effective results. Primary data Certain parameters will be set before starting the trial inclusions; first the design will be set to be randomized and patients will be picked at random to avoid bias. Secondly, is that the participants will be patients with depression disorder who seek medical attention.

Thirdly, the intervention will include the administration of St John's Wort without including any other drug. This will be to ensure the recovery of the patient is not attributed to another drugs. Data collection The patients given the drug will be monitored where clinical cards will be filled to ensure that every detail of the patient is collected. The scale and symptoms of depression will be recorded on the sheet. The scales to be used is the one developed by Jadad et al. that involves random allocation, blinding and the patient's dropout and withdrawal symptoms; and the Hamiliton depression scale.

The levels will be recorded before and after the treatment process. The patients will also be given questionnaires and interviewed independently to ensure that they give out any additional information is captured in the

treatment process. Analysis This will involve comparing the treatment before and after the treatment process. This will involve checking the levels of depression of the patients in the scales given. A summary of the trials recorded in the data collection will be analyzed to ensure the effectiveness of the drug is established.

If more patients are improved in scale then the drug will be deemed effective and if fewer patients have not improved then it will be ineffective. There will be recommendations of either changing the drug or increasing the dosage.