

# [A double-blind, randomized, and placebo-controlled trial studied](https://assignbuster.com/a-double-blind-randomized-and-placebo-controlled-trial-studied/)

A double-blind, randomized, and placebo-controlled trial studied whether St. John’s Wortextract were effective for the treatment of depression with atypical features. Thisstudied included subjects between 18 and 70 years of age who were sufferingfrom atypical depression. The International Classification of Diseases TenthRevision, Clinical Modification criteria for mild or moderate depression had tobe met along with duration of symptoms lasting for 3 months. Subject needed tomeet a score of two points in at least one of the items 22-26 of the Hamilton-Depression-Rating-Scale. Screening excluded subjects exhibiting vegetative features of melancholicdepression; in addition, with episode of melancholic depression, organic mentaldisorders, personality disorders, substance abuse, alcohol, seasonaldepression, current serious suicidality risk and postpartum depression. Extraexclusion criteria were non-adrenergic agonist, the use of corticosteroids, magnesium supplements and gyrase inhibitors. Randomization occurred with a helpof a computer software.