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| Table 1. Basic characteristics of study subjects (demographic information). | | |  |
| variable | Herbal extract group  (n=26) | Placebo group  (n=20) |  |
| Mean age (years) | 36.8 ± 7.4 | 35 ± 9 |  |
| Mean disease duration (years) | 7.1 ± 5.8 | 12 ± 5.6 |  |
| Gender [*n* (percent)] |  |  |  |
| Male | 6 (23.1 %)\* | 4 (20%)\* |  |
| Female | 20 (76.9 %)\* | 16 (80%)\* |  |
| Marital status [*n* (percent)] |  |  |  |
| Married | 22 (84.6 %)\* | 4 (20%)\* |  |
| Single | 4 (15.4 %)\* | 16 (80%)\* |  |
| Values are means ± standard deviation. | | |  |
| \* Values are number (%). | | |  |

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| Table 2. BDI scores at baseline and endpoint of study. | | | | | | | | | | | | | |  |
|  | Herbal extract group (n=26) | | | | |  | Placebo group (n=20) | | | | | | |  |
|  | baseline | endpoint | | change | *p*\* | baseline | | | endpoint | | change | *p*\* | | *p*† |
| BDI score | 35 ± 9.6 | 21.08 ± 8.2 | | - 13.9 ± 8.6 | 0.000 | 34.5 ± 9.6 | | | 30.6 ± 10.6 | | -3.9 ± 4.3 | 0.001 | | 0.001 |
| Values are means ± standard deviation. \*Indicates within-group differences (paired-sample *t* test). | | | | | | | | | | | | | |  |
| † Indicates time-by-treatment interaction differences (repeated measure ANOVA). | | | | | | | | | | | | | |  |
| Table 3. Number of BDI score changes according to 50th percentile of scores after intervention. | | | | | | | | | | | | |  | |
|  | | | Herbal extract group (n=26) | | | | |  | | Placebo group (n=20) | | | *p*\* | |
| BDI score change ≥ 7 [*n* (percent)] | | | 9 (34.5%) | | | | | 18 (90%) | | | | | 0.003 | |
| BDI score change < 7 [*n* (percent)] | | | 17 (65.5%) | | | | | 2 (10%) | | | | |
| Values are number (%). | | | | | | | | | | | | |  | |
| \*Indicates within-group differences (Chi-Square test). | | | | | | | | | | | | |  | |