|  |  |
| --- | --- |
| 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 (%). |  |

|  |  |
| --- | --- |
| 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). |  |