|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Author | Design | Country | N randomized subjects(Soy isoflavones,comparison) | Age(range)(Soy isoflavones,comparison) | Exposure | Daily dosage | Other compounds | Duration of active treatment | Outcome(measures) |
| Atteritano et al.2013 | Double-blindRCT,parallel | Italy | 389(198,191 placebo) | (49-67)(53.00±2.00,52.00±2.00) | Genistein | 54mg | Calcium carbonate (500 mg)Vitamin D (400 IU) | 2 years | Zung Self-Rating Depression Scale Scorea |
| Jou et al.2008 | Open label,parallel | China | 64(34,30 placebo ) | 53.8±3.8 EP group 53.6±3.8 non-EP group54.3±2.8 placebo | Soy isoflavones | 135mg | None | 6 months | Modified Kupperman Indexb |
| Mansoreh et al.2015 | Double-blindRCT,parallel | Iran | 80(40,40 placebo) | (45-60)(52.13±3.05,51.39±2.89) | Soy isoflavones | 185.55mg | Calcium carbonate (500 mg)Vitamin D (200 IU) | 8 months | MENQOLc |
| Rilva et al.2009 | Double-blindRCT,parallel | Brazil | 84(42,42 placebo) | (45-60)(53.35±3.62) | Soy isoflavones | 120mg | None | 16 weeks | CES-Dd |
| Costa et al.2017 | Double-blindRCT,parallel | Brazil | 36(19,17 placebo) | (45-60)(56.0±1.3,52.7±1.3) | Soy isoflavones | 100mg | None | 10 weeks | Kupperman IndexeMenopause Rating ScalefCervantes Scaleg |
| Frigo et.al.2021 | Double-blindRCT,parallel | Brazil | 48(24,24 placebo) | (40-65)(51±5.2,50.7±5.7) | Soy isoflavones | 40.5mg | Phytoestrogens derived from flaxseed(40.9mg) | 90 days | Kupperman index |
| Giorgio et.al.2005 | Double-blindRCT,parallel | Italy | 117(58,59 placebo) | (≥35)(52.0,52.0) | Soy isoflavones | 80mg | None | 3 months | Greene Climacteric ScalehGreene Psychological Subscalei |
| Salvador et.al.2016 | Open label,parallel | [England](https://fanyi.so.com/?src=onebox# England) | 90(45,45 placebo) | (≥45)(51.8±3.1,51.5±3.5) | Soy isoflavones | 50mg | None | 12 weeks | Menopause Rating Scale |
| Malkanthi et.al.2010 | Double-blindRCT,parallel | Canada | 83(41,42 placebo) | (40-65)(53.39±5.05,53.50±4.44) | Genistein | 30mg | None | 12 weeks | Greene Climacteric Scale |
| Martin et.al.2018 | Double-blindRCT,parallel | Austria Romania Germany | 192(97,95 placebo) | (40-70)(54.3±6.4,53.6±5.3) | Soy isoflavones | 100mg | None | 12 weeks | Greene Climacteric Scale |
| Fontvieille et.al.2017 | Double-blindRCT,parallel | Canada | 31(15,16 placebo) | (50-70)(60.4±3.4,58.2±5.7) | 44 mg of daidzein16 mg of glycitein10 mg of genistein | None | 12 months | SF-36j Kupperman indexPSS-10k |
| Mingkwan et.al.2024 | Double-blindRCT,parallel | Thailand | 100(50,50 placebo) | (48-65)(55.92±3.52,56.88±3.62) | Soy isoflavones | 209mg | Grape seed extract Tomato extract (Lycopersicon esculentum Mill) VitaminsMinerals | 12 weeks | Modified Kupperman IndexMENQOL |
| aThis is a self-reporting scale consisting of 20 items to assess the presence and severity of depressive symptoms. bAn adaptation of the original Kupperman Index, used to assess the severity of menopausal symptoms. cThe Menopause-Specific Quality of Life questionnaire is a tool designed to measure the impact of menopause on a woman's quality of life. dThe Center for Epidemiologic Studies Depression Scale is a self-reporting questionnaire used to measure symptoms of depression in the general population. eA widely used scale to assess the severity of menopausal symptoms, which was one of the first tools developed for this purpose. fA validated instrument used to evaluate the severity of climacteric symptoms and the effectiveness of treatments for menopausal symptoms. gA 31-item questionnaire used to assess the health-related quality of life in women during the menopausal transition. hA self-assessment tool consisting of 21 items across five dimensions to evaluate menopausal symptoms, including anxiety, depression, somatic symptoms, vasomotor symptoms, and sexual function. iA part of the Greene Climacteric Scale that focuses on psychological symptoms such as anxiety and depression. jA multipurpose, short-form health survey with 36 questions about perceptions of health and well-being. kThe Perceived Stress Scale-10 is a self-report measure developed to assess the global level of perceived stress. |