Abstracts of Clinical Studies
Re: DHEA in Women

Below are a number of clinical studies regarding DHEA in women. Benefits reported included improved stamina, initiative, memory, sexual interest, bone density and mood elevation. Additionally, studies of DHEA not specific for women show that DHEA is a potent immune system stimulator and an antioxidant (see Abstracts of studies of DHEA for men and women).


DHEA replacement in women with adrenal insufficiency--pharmacokinetics, bioconversion and clinical effects on well-being, sexuality and cognition.

Arlt W, Callies F, Allolio B

Department of Internal Medicine, University of Wurzburg, Germany.

In this double blind, placebo-controlled trial of 24 women with adrenal insufficiency and thus very low DHEA levels, the authors showed that 50mg per day for four months improved scores for depression and anxiety, increased sexual interest and level of satisfaction, and improved overall wellbeing. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11344193&dopt=Abstract


The effect of dehydroepiandrosterone (DHEA) on recognition memory decision processes and discrimination in postmenopausal women.


Department of Psychology, George Washington University, Washington, D.C. 20052, USA.

This was a double blind, placebo-controlled study of the effect of a 50mg daily dose of DHEA on memory in women over 38 years old. DHEA did indeed enhance memory and was thought to also improve visual perception.
J Clin Endocrinol Metab. 2002 Nov;87(11):4935-41

Effects of oral dehydroepiandrosterone on bone density in young women with anorexia nervosa: a randomized trial.

Gordon CM, Grace E, Emans SJ, Feldman HA, Goodman E, Becker KA, Rosen CJ, Gundberg CM, LeBoff MS

In this double blind study of DHEA in young women with low bone density, DHEA was found to decrease bone resorption (loss) and increase bone formation. DHEA was even superior to combination synthetic estrogen and progestin.

J Clin Endocrinol Metab. 2002 May;87(5):2046-52

Low dose dehydroepiandrosterone affects behavior in hypopituitary androgen-deficient women: a placebo-controlled trial.


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This was a double blind, placebo controlled trial in women with reduced pituitary function resulting in abnormally low androgen (male hormone) levels. Taking DHEA for 6 months at a dose of 30mg per day had several beneficial effects: improved stamina, alertness and initiative, improved sexual relations according to their partners, and 50% reported increased sexual interest.
Endogenous levels of dehydroepiandrosterone sulfate, but not other sex hormones, are associated with depressed mood in older women: the Rancho Bernardo Study.

Barrett-Connor E, von Muhlen D, Laughlin GA, Kripke A

Department of Family and Preventive Medicine, University of California, San Diego, School of Medicine, La Jolla 92093-0607, USA.

This was a population study of 699 women aged 50 to 70 living in the Rancho Bernardo area of southern California. The women were simultaneously screened for serum hormone levels and for depressed mood. Levels of DHEA directly correlated with mood. Those women with the lowest DHEA levels were the most depressed. A subset of 31 women who were categorically diagnosed with depression had lower DHEA levels than 93 control women who were not depressed.