

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of the Effect of Massage Therapy With Rose Aroma and Without it on Primary Dysmenorrhea in girls who settle at Tehran University of Medical Sciences Dormitories in 1392

Protocol summary

Summary

The purpose of this study is to investigate the effect of aromatherapy massage on primary dysmenorrhea. 75 girls aged 18-35 years old with primary dysmenorrhea whom severity of pain is greater than 5 on a 10 point visual analogue scale, will be randomly assigned in to the intervention. All girls settle at Tehran University of Medical Sciences dormitories. Participants with myoma, fibrocystadenoma or polycystic ovarian will exclude form the study. The pre-intervention data of visual analogue scale of each group will be collected from the first day of the latest menstrual cycle. Participants will be divided in 3 groups (each contains 25 participants). Group 1 will apply massage with essential oil (Rosa damascene 3% diluted in almond oil), group 2 will apply massage with unscented almond oil, group 3 will apply just massage. After intervention data will be collected and analyzed statistically. This intervention will continue in the second menstrual cycle.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012081310182N2**

Registration date: **2013-08-24, 1392/06/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-08-24, 1392/06/02

Registrant information

Name

Homa Sadeghi Avval Shahr

Name of organization / entity

Tehran University of medical sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

ho-sadeghi@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-03-20, 1391/12/30

Expected recruitment end date

2013-11-21, 1392/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the Effect of Massage Therapy With Rose Aroma and Without it on Primary Dysmenorrhea in girls who settle at Tehran University of Medical Sciences Dormitories in 1392

Public title

Comparison of the Effect of Massage Therapy with and without Aroma on Primary Dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Regular Menstruation; Age 18-35; Menarch age 11-17; Single status; Have no Chronic diseases and Psychological disorders and Anatomic Abnormalities ; Have no skin problem; Have no Abnormal

Uterine Bleeding; Not use of any contraceptives; No use of any other complementary and alternative therapies; Menstrual pain severity greater than 5 points. Exclusion criteria: Unwillingness to cooperate; Abnormal Uterine Bleeding during study; Patients with myoma, fibrocystadenoma or polycystic ovarian; Allergies to essential oils.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Tehran University of Medical Sciences

Street address

Central Building of Tehran University of Medical Sciences, Ghods Street, Keshavarz Boulevard, Tehran

City

Tehran

Postal code**Approval date**

2013-06-17, 1392/03/27

Ethics committee reference number

473/130/92/3

Health conditions studied**1****Description of health condition studied**

primary Dysmenorrhea

ICD-10 code

N94

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes**1****Description**

primary Dysmenorrhea

Timepoint

before and after of intervention in first and second cycle

Method of measurement

VAS

Secondary outcomes**1****Description**

side effect

Timepoint

after intervention

Method of measurement

VAS

Intervention groups**1****Description**

First group: Essential oil (Rosa damascene 3% diluted in almond oil). The participants will massage their abdomens with 5 drops essential oil, with clockwise circular movement, on the region above the pubic symphysis. Once a day, on the first day of the first and second cycles of menstruation.

Category

Treatment - Other

2**Description**

second group: The participants will massage their abdomens with 5 drops of almond oil, with clockwise circular movement, on the region above the pubic symphysis. Once a day, on the first day of the first and second cycles of menstruation.

Category

Treatment - Other

3**Description**

Third group: The participants will massage their abdomens with clockwise circular movement, on the region above the pubic symphysis. Once a day, on the first day of the first and second cycles of menstruation.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Tehran University of Medical Sciences, dormitories

Full name of responsible person

Ali Mohammadi fiez abadi

Street address

City

Tehran

2

Recruitment center

Name of recruitment center

Vesal Dormitory

Full name of responsible person

Ali Mohammadi Feizabadi

Street address

Number 4, Shahed Street, Vesal Street, keshavarz
Blvd

City

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3

Recruitment center

Name of recruitment center

First, Golestan Dormitory

Full name of responsible person

Ali Mohammadi Feizabadi

Street address

North Kargar St, Front St. 16, Integrated Medical
Sciences Tehran dormitory

City

Tehran

4

Recruitment center

Name of recruitment center

third, Golestan Dormitory

Full name of responsible person

Ali Mohammadi Feizabadi

Street address

North Kargar St, Front St. 16, Integrated Medical
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City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

Dr Fotoohi Akbar

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Central Building of Tehran University of Medical
Sciences, Ghods Street, Keshavarz Boulevard, Tehran

City

Tehran

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Homa Sadeghi Avval Shahr

Position

Faculty of Nursing & Midwifery of Tehran University of
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty