

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The effect of zataria-multiflora on premenstrual syndrome severity in the students of Isfahan University of Medical Sciences 1391-1392.

Protocol summary

Summary

In this clinical trial the effect of thyme essential oil (zataria-multiflora) is being evaluated in the treatment of premenstrual syndrome. Samples of 120 students of Isfahan University of Medical Sciences dormitories (age range 35-18 years) who are afflicted with the Temporary diagnostic questionnaire If this syndrome. Inclusion criteria: having a regular menstrual intervals of 35-21 days;the lack of physical disease or taking certain medications; no history of mental illness; no use of any anti depressants or hormonal drugs; no experience of stressful event during last 3 month from the beginning of the study. Exclusion criteria: hospitalization; pregnant; No experience stress during the study. In the intervention and control groups were randomly placed. The intervention group receives 2 Capsules thyme 20 mg every 12 hours (dose 80 mg daily) and controls placebo than 7 days prior to the onset of menstrual periods, taking. Severe symptoms of premenstrual syndrome symptoms daily using the form registration table for 4 cycles (2 cycles before treatment and after 2 cycles of therapy) will be completed by the subjects. After calculating the overall severity of symptoms, signs, symptoms, physical separation, emotional - affective and behavioral classification and its intensity is calculated. Consequence of this reduction in the severity of affective, physical, behavioral PMS students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012102211212N1**
Registration date: **2012-12-24, 1391/10/04**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-12-24, 1391/10/04

Registrant information

Name

Marzieh Sodouri

Name of organization / entity

Kasahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

sodouri@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Kashan University of Medical Sciences

Expected recruitment start date

2012-10-19, 1391/07/28

Expected recruitment end date

2012-12-20, 1391/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of zataria-multiflora on premenstrual syndrome severity in the students of Isfahan University of Medical Sciences 1391-1392.

Public title

The effect of zataria-multiflora on premenstrual syndrome severity

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Age range of 18-35 years; a mark of at least 5 of the questionnaire to detect symptoms of temporary Pms; that at least one of the five symptoms of psychiatric symptoms and the severity of each offense included within the average or more during the past two months ; having a regular menstrual cycle; lack of stressor during the previous 3 months; lack of physical illness and mental; Non-hormonal medications and anti depressants. Exclusion criteria: Persons who during the study Getting sick; being hospitalized;being pregnant; the reading experience of be stressful; those who do not use the medicine properly; or do not complete the form correctly.

Age

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

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Kashan University of Medical Sciences

Street address

5th Km of Ghotbe Ravandi Bulv.

City

Kashan

Postal code

87159/88141

Approval date

2012-10-17, 1391/07/26

Ethics committee reference number

29/5/1/2735

Health conditions studied

1

Description of health condition studied

Premenstrual syndrome

ICD-10 code

N94.3

ICD-10 code description

Premenstrual tension syndrome

Primary outcomes

1

Description

The severity of premenstrual syndrome

Timepoint

2 months before the study, 2 months after the intervention

Method of measurement

Daily chart position

Secondary outcomes

empty

Intervention groups

1

Description

Control group: placebo capsules 2 times a day (2 tablets every 12 hours) for 7 days prior to the first day of the menstrual cycle

Category

Treatment - Drugs

2

Description

Soft capsules containing 20 mg of essential oil and 2 times a day (every 12 hours 2 tablets) for 7 days prior to the first day of the menstrual cycle

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Kermani Dormitory, Isfahan University of Medical Sciences

Full name of responsible person

Marzieh Sodouri

Street address

Shiraz Gateways,Hezarjarib Street

City

Isfahan

2

Recruitment center

Name of recruitment center

Milad Dormitory, Isfahan University of Medical Sciences

Full name of responsible person

Marzieh Sodouri

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Shiraz Gateways, Hezarjarib Street

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Isfahan

3

Recruitment center

Name of recruitment center

Seyed Shohada Dormitory, Isfahan University of Medical Sciences

Full name of responsible person

Marzieh Sodouri

Street address

Motahari Street

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Kashan University of Medical Sciences

Full name of responsible person

Dr.Gholamali Hamidi

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5th Kilometer Ghotbe Ravandi Bulv.

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice chancellor for research, Kashan 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

Kashan University of Medical Sciences

Full name of responsible person

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Position

Graduate student of nursing

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Web page address**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