

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

05 Jul 2026

### Comparison of the effects of ice massage on massage and pain of primary dysmenorrhea in the Female students living in dormitories, Birjand University of Medical Sciences

#### Protocol summary

##### Summary

Introduction and objectives: dysmenorrhea is one of the most common symptoms among women of productive age that are associated with several side effects. The aim of this study was to investigate the effects of massage and ice massage on SP6 point on severity and length of primary dysmenorrhea. Methods: This Single-blind controlled trial study has been done on 79 girls living in Birjand University of Medical Sciences dormitories during two menstrual cycles. experience painful menstrual in most menstrual cycle last year; more than 4 on the visual analog scale pain scores age between 18 to 28 years old; having regular menstrual cycles (3 to 7 day intervals during two periods of 21 to 35 days); not known history of thyroid disorders, heart disease, kidney disease, Asthma, Diabetes; known as uterine and pelvic abnormalities; not known history of depression; no pregnancy; not using oral contraceptive pills; no history of abdominal surgery or pelvic. Exclusion criteria: - Menstrual cycle less than 21 or more than 35 days - smoking - as a professional sport - despite severe stressors in the last six months(Death of immediate family, parental divorce, marriage) - have varicose veins or scars or skin disorder at the site of intervention - consuming more than twice The use of heat and cold therapy, except of study intervention-Herbal remedies for menstrual pain during the study-Using the techniques of massage techniques other than at the first cycle Participants were asked to assess pain using a visual analog scale and timeto determine Start and end times of pain and pain within two hours of the first three days of their menstrual cycle. In the second cycle, participants were asked to go for a massage . Participants were randomly divided into two groups, ice massage and control group. massage don on sp6 poin for 20 minutes and were conducted on both feet then Participants were asked to determine Start and end times of pain and pain

within two hours of the first three days of their menstrual cycle again. SPSS15 software and paired T-test, T independent, co-variance and chi-square were used for data analysis

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013041513016N1**

Registration date: **2013-05-15, 1392/02/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-05-15, 1392/02/25

##### Registrant information

##### Name

Mahboubeh Rakhshkhorshid

##### Name of organization / entity

Birjand University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 1725 8819

##### Email address

mrakhshkhorshid@bums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Birjand University of Medical Sciences

##### Expected recruitment start date

2012-03-07, 1390/12/17

##### Expected recruitment end date

2012-10-22, 1391/08/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of the effects of ice massage on massage and pain of primary dysmenorrhea in the Female students living in dormitories, Birjand University of Medical Sciences

**Public title**

Comparison of the effects of ice massage on massage and pain of primary dysmenorrhea

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: experience painful menstrual in most menstrual cycle last year; more than 4 on the visual analog scale pain scores/ age between 18 to 28 years old; having regular menstrual cycles (3 to 7 day intervals during two periods of 21 to 35 days); not known history of thyroid disorders, heart disease, kidney disease, Asthma, Diabetes; known as uterine and pelvic abnormalities; not known history of depression; no pregnancy; not using oral contraceptive pills; no history of abdominal surgery or pelvic. Exclusion criteria: - Menstrual cycle less than 21 or more than 35 days - smoking - as a professional sport - despite severe stressors in the last six months(Death of immediate family, parental divorce, marriage) - have varicose veins or scars or skin disorder at the site of intervention - consuming more than twice The use of heat and cold therapy, except of study intervention-Herbal remedies for menstrual pain during the study-Using the techniques of massage techniques other than

**Age**

From **18 years** old to **28 years** old

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **79**

**Randomization (investigator's opinion)**

Randomized

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

Single blinded

**Blinding description****Placebo**

Not used

**Assignment**

Single

**Other design features****Secondary Ids**

empty

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

Birjand University of Medical Sciences

**Street address**

Ghaffari St, Birjand University of Medical Sciences

**City**

Birjand

**Postal code****Approval date**

2012-01-11, 1390/10/21

**Ethics committee reference number**

92-02-01

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

dysmenorrhea

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

Pain intensity

**Timepoint**

Before the intervention and three days in the first period after the intervention

**Method of measurement**

Visual analog scale pain

**2****Description**

Duration of pain

**Timepoint**

Before the intervention and three days in the first period after intervention

**Method of measurement**

Hour

**Secondary outcomes**

empty

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

In the ice massage group the intervention done by using

the circle format of ice with 2 cm diameter on the sp6 point. The time of intervention was 10 min on each leg included 30 seconds in a clockwise 10 seconds without pressur and 30 seconds in the opposite clockwise. The total duration of the intervention for each participation was 20 min

**Category**

Treatment - Other

**2**

**Description**

In the massage group intervention was exactly similar to the ice massage group, difference is that the ice was not use in this group

**Category**

Treatment - Other

**3**

**Description**

In the control group intervention done on the plasebo point, on the posterior of foot, that according to expert opinion there was no certain meridian. In this group we dont use real pressur.

**Category**

N/A

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Dormitoris of Birjand University of Medical Sciences

**Full name of responsible person**

**Street address**

**City**

Birjand

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Birjand University of Medical Sciences

**Full name of responsible person**

gholamreza shareefzadeh

**Street address**

Ghaffari street, Birjand University of Medical Sciences

**City**

Birjand

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Birjand 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**

Birjand University of Medical Sciences

**Full name of responsible person**

Mahboubeh Rakhshkhorshid

**Position**

Student of Medicine

**Other areas of specialty/work**

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Alireza Saadatjoo

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MA

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**Position**

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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*