Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 menstural cycle last year; more than 4 on the visual analog scale pain scoresl 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

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Birjand University of Medical Sciences
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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 menstural cycle last year; more than 4 on the visual analog scale pain scoresl 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 gruop 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

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Other areas of specialty/work

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Other areas of specialty/work
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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