

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

13 Jun 2026

### valerian effect on the premenstrual symptoms among female university student living in dormitories of rasht islamic azad university

#### Protocol summary

##### Summary

The objective of this study was to investigate the valerian effect (valerian root) on the premenstrual symptoms among female university student living in dormitories of rasht islamic azad university. In this double blind randomized clinical trial 120 female university students ,whose PMS were diagnosed by dickerson PMS daily record questionnaire for 2 menstrual, were randomly assigned into one of the two study group. one group received a valerian capsule (530 mg valerian root) for 2 months continuously (twice a day). the control group received placebo capsule (50 mg of carbohydrate) using a similar protocol. The severity of premenstrual symptoms were recorded before and after the intervention and changes were compared between groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013120613196N1**

Registration date: **2013-12-14, 1392/09/23**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2013-12-14, 1392/09/23

##### Registrant information

###### Name

Seyedeh Bahareh Kamranpour

###### Name of organization / entity

Islamic Azad University Rasht Branch

###### Country

Iran (Islamic Republic of)

###### Phone

+98 13 1550 7590

###### Email address

kamranpour@iaurasht.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Islamic Azad University of Rasht

###### Expected recruitment start date

2013-11-16, 1392/08/25

###### Expected recruitment end date

2014-03-16, 1392/12/25

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

valerian effect on the premenstrual symptoms among female university student living in dormitories of rasht islamic azad university

###### Public title

valerian effect on the premenstrual symptoms

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Inclusion criteria: girls living in student residences no major underlying diseases; not taking any medication to relieve premenstrual symptoms; having regular menstrual cycles; not having genital diseases; non-smoking; willingness to participate in the study; completed a written informed consent. Exclusion criteria: using hormone drugs; taking antidepressant; having premenstrual symptoms more than 7 days in each cycle; developing tensions and severe psychological crisis within the past few months.

###### Age

From **18 years** old to **50 years** old

**Gender**

Female

**Phase**

N/A

**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**

Islamic Azad University of Rasht

**Street address**

pole taleshan -islamic azad university of rasht

**City**

rasht

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

2013-11-23, 1392/09/02

**Ethics committee reference number**

17/16/1/17238

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

premenstrual syndrom

**ICD-10 code**

N94.3

**ICD-10 code description**

Pain and other conditions associated with female genital organs and menstrual cycle

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

mood symptoms of PMS

**Timepoint**

2 month befor intervention-2 month after intervention

**Method of measurement**

Dickerson standard questionnaire

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

physical symptoms of PMS

**Timepoint**

2 month befor intervantion-2 month after intervention

**Method of measurement**

Dickerson standard questionnaire

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

intervantion group: valerian capsule (530 mg valerian root) twice a day for a week before menstruation for two consecutive cycles

**Category**

Treatment - Drugs

**2****Description**

control group: placebo capsul (50 mg of carbohydrate)twice a day for a week before menstruation for two consecutive cycles

**Category**

Placebo

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Islamic Azad university of rasht

**Full name of responsible person**

seid bahare kamranpour

**Street address**

pole talesha-azad university

**City**

rasht

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Research Deputy of azad university

**Full name of responsible person**

Dr shabani

**Street address**

pole taleshan

**City**

rasht

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

Yes

**Title of funding source**  
Research Deputy of azad university  
**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**

Islamic Azad university of rasht

**Full name of responsible person**

seied bahare kamranpour

**Position**

MSc, Department of Midwifery -Lecturer, Department of Midwifery

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*