

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 symptom were recorded before and after the intervention and changes were compared between group

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 symptom; 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 day 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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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