

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Sep 2026

Effect of inhaled lavender compared with diluted milk on menopausal symptoms in postmenopausal women 45 to 55 years old

Protocol summary

Summary

The purpose of this study was to investigate the effect of inhaled lavender on the symptoms of menopause. The subjects were 100 cases of post menopausal women 45-55 years old at selected health care centers in Ardebil. After getting written informed consent, participants were complete the demographic characteristics. Then they allocated them into intervention and control groups using permuted block randomization with block sizes of four and six in sequentially numbered. Participants were asked to note number of daily flushing for 1 week. Then intervention group received bottles envelopes containing 20 cc Lavender twice on weekly 20 minute and control group received the same treatment but with diluted milk only. Participants were complete green scale 12 weeks after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014011816255N1**

Registration date: **2015-01-19, 1393/10/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-01-19, 1393/10/29

Registrant information

Name

Roya Nikjou

Name of organization / entity

Ardabil University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 45 1771 7137

Email address

roya.nikjou@arums.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Deputy of Ardebil University of Medical Sciences

Expected recruitment start date

2014-12-31, 1393/10/10

Expected recruitment end date

2015-11-01, 1394/08/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of inhaled lavender compared with diluted milk on menopausal symptoms in postmenopausal women 45 to 55 years old

Public title

Effect of inhaled lavender compared with diluted milk on menopausal symptoms in postmenopausal women 45 to 55 years old

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: The age range is 45 to 55 years; During the past 12 months have not menstrual periods; With minimum score of 15 to maximum of 42 in green score; Absence of disease or a history of breast cancer; No use of hormonal or herbal drugs for relief of menopausal symptoms or other neurological drugs in the 2 past months or during the study; The lack of sensitivity to spices or essences; No smoking and do not drinking

alcohol. Exclusion criteria: Medical complications during the study

Age

From **45 years** old to **55 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

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

Ardabil University of Medical Sciences

Street address

University Street, Ardebil

City

Ardabil

Postal code

5618985991

Approval date

2014-04-14, 1393/01/25

Ethics committee reference number

Arums.Rec.93.38

Health conditions studied

1

Description of health condition studied

Early symptoms of menopause

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female climactic states

Primary outcomes

1

Description

Vasomotor symptoms

Timepoint

One week before and 12 weeks after intervention

Method of measurement

Green scale

Secondary outcomes

1

Description

Physical symptoms

Timepoint

One week before and 12 weeks after intervention

Method of measurement

Green scale

Intervention groups

1

Description

Intervention group: Received lavender twice on weekly 20 minute.

Category

Prevention

2

Description

Control group: Received diluted milk twice on weekly 20 minute.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ardabil Health Care Centers

Full name of responsible person

Roya Nikjou

Street address

Ardabil Health Care Centers

City

Ardabil

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Deputy of Ardabil University of Medical Science

Full name of responsible person

Hadi Piry dogahneh

Street address
University Street

City
Ardabil

Grant name

Grant code / Reference number

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

Title of funding source
Research Deputy of Ardabil University of Medical Science

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
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Position
MSC in Midwifery, Faculty of Nursing and Midwifery

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