

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of lavender aromatherapy on dysmenorrhea

Protocol summary

Summary

The purpose of this study was to investigate the effect of aromatherapy on Dysmenorrhea in female students with primary dysmenorrhea. The study was a randomized trial. The subjects were 100 female students who that they suffered from level 2 and 3 dysmenorrhea and had no systemic or reproductive diseases, and who did not use contraceptive drugs. Subjects were randomized into Two groups: Experimental group who received aromatherapy with lavender, placebo group received the same treatment but with sesame oil only. Each participant was monitored during 4 menstrual periods. During the first and second periods participants documented their own Severity of dysmenorrhea without any intervention applied. During the third and forth period, one of the two applications (placebo or aromatherapy) was applied. Following each application, the severity of dysmenorrhea and dysmenorrhea were measured. After the intervention, the levels of dysmenorrhea were measured for each group on the first, second and Third days of the third and forth menstruation period. .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014070616255N2**

Registration date: **2014-11-24, 1393/09/03**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-11-24, 1393/09/03

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

Ardebil University of Medical Sciences

Expected recruitment start date

2014-09-20, 1393/06/29

Expected recruitment end date

2015-03-01, 1393/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender aromatherapy on dysmenorrhea

Public title

The effect of lavender aromatherapy on dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : The risk of dysmenorrhea according to menstrual history; History from level 2 and 3 dysmenorrhea no systemic disease or disease of the genital organs; No use of contraceptives; Being single; Had a normal sense of smell; None allergies to fragrances; Regular menstrual cycles; Had not been using analgesics to overcome dysmenorrhea, Exclusion criteria: Was allergy to lavender.

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: 200

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**

Ardebil University of Medical Sciences

Street address

University Street

City

Ardebil

Postal code

56189-85991

Approval date

2014-04-18, 1393/01/29

Ethics committee reference number

Arums.ERc.93.49

2**Ethics committee****Name of ethics committee**

Ardebil University of Medical Sciences

Street address

University Street

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ardebil

Postal code

56157-51147

Approval date

2013-06-15, 1392/03/25

Ethics committee reference number

Arums.ERc.93.49

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

Dysmenorrhea

ICD-10 code

n94/4

ICD-10 code description

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

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

Dysmenorrhoea

Timepoint

One months before the intervention and Two months after the intervention

Method of measurement

Visual Analog Scale

Secondary outcomes

empty

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

Experimental group: Aromatherapy was applied in the form inhalation with using five drops of lavender for 3 minutes every 6 hours, for two period, one day before the start of menstruration and continuing until the third day of menstruration.

Category

Treatment - Drugs

2**Description**

Control group: Aromatherapy was applied in the form inhalation with using five drops of Sesame for 3 minutes every 6 hours, for two period, one day before the start of menstruration and continuing until the third day of menstruration.

Category

Treatment - Drugs

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

Girls Dormitory

Full name of responsible person

Roya Nikjou

Street address

Faculty of Nursing and Midwifery

City

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Ardebil University of Medical Sciences

Full name of responsible person

Hadi Piry dogahneh

Street address

University Street

City

Ardebil

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

Yes

Title of funding source

Research Ardebil 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

Ardebil University of Medical Sciences

Full name of responsible person

Roya.Nikjou

Position

Master of Midwifery

Other areas of specialty/work
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Person responsible for scientific

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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