Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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

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Phone

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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
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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 mensturation and continuing until the third day of mensturation.
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 mensturation and continuing until the third day of mensturation.
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

Ardebil

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Ardebil University of Medical Sciences
Full name of responsible person
Hadi Piry dogaheh
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
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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