

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effect of Green tea, Sesamum indicum L and Corylus avellans L cream on prevention striae gravidarum in nuliparus women

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of Green tea, Sesamum indicum L and Corylus avellans L on prevention striae gravidarum in nuliparus women. This study was a clinical trial, single center, double blinded, with random allocation. The population of the study was the eligible nuliparus women referred to reproductive health clinic of Hajar Hospital in Shahrekord who were excluded if they had hepatic diseases, allergy to herbal components, termination of pregnancy and use of glucocorticoid drugs during the study period. With a randomly allocation, 150 nuliparus women were allocated in five different groups (30 in each group). The women in intervention groups used cream or base of cream twice a day in different area of abdomen, buttocks, thigh and breast. The women in control group did not use any cream or other substances in order to striae prevention. The intervention was initiated in 20 weeks of gestation and continued until 32 weeks of gestation. The severity of striae gravidarum was evaluated at the beginning of the study, thirty-Sixth weeks of pregnancy and after delivery (until two weeks).

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201606192085N18**

Registration date: **2016-06-30, 1395/04/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-06-30, 1395/04/10

##### Registrant information

**Name**

Neda Parvin

##### Name of organization / entity

Shahrekord University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 38 1333 5652

##### Email address

nedali285@skums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahrekord University of Medical Sciences

##### Expected recruitment start date

2012-12-30, 1391/10/10

##### Expected recruitment end date

2016-06-19, 1395/03/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Green tea, Sesamum indicum L and Corylus avellans L cream on prevention striae gravidarum in nuliparus women

##### Public title

Effect of Green tea, Sesamum indicum L and Corylus avellans L cream on prevention striae gravidarum in nuliparus women

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: Gestational age of 20 weeks, singleton, aged 18 to 35 years old Exclusion criteria: Hepatic or systemic diseases, allergy to herbal components, termination of pregnancy, use of glucocorticoid drugs

during the study period, lack of follow up

## Age

From **18 years** old to **35 years** old

## Gender

Female

## Phase

N/A

## Groups that have been masked

*No information*

## Sample size

Target sample size: **150**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Double blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

Randomization was performed using a box containing five balls with different colors and bring out the random balls. Each color was assigned to a specific group.

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Shahrekord University of Medical Sciences

##### Street address

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

##### City

Shahrekord

##### Postal code

#### Approval date

2012-12-30, 1391/10/10

#### Ethics committee reference number

10-10-91

## Health conditions studied

### 1

#### Description of health condition studied

Striae gravidarum

#### ICD-10 code

L90.6

#### ICD-10 code description

Striae atrophicae

## Primary outcomes

### 1

#### Description

Severity of striae gravidarum

#### Timepoint

At the twentieth and thirty-Sixth weeks of pregnancy and after delivery (until two weeks)

#### Method of measurement

Observation

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Sesamum indicum L cream group: In this group, the Sesamum indicum L cream 10% were used twice a day during the intervention period in different area of abdomen, buttocks, thigh and breast.

#### Category

Treatment - Drugs

### 2

#### Description

Corylus avellans L cream group: In this group, the Corylus avellans L cream 5% were used twice a day during the intervention period in different area of abdomen, buttocks, thigh and breast.

#### Category

Treatment - Drugs

### 3

#### Description

Green tea cream group: In this group, the green tea cream 3% were used twice a day during the intervention period in different area of abdomen, buttocks, thigh and breast.

#### Category

Treatment - Drugs

### 4

#### Description

Cream base group: In this group, the base of cream were used twice a day during the intervention period in different area of abdomen, buttocks, thigh and breast.

#### Category

Treatment - Drugs

### 5

#### Description

Control group: The patients in this group did not use any substance for prevention of striae.

#### Category

Other

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Reproductive health clinic of Shahrekord Hajar Hospital

**Full name of responsible person**

Neda Parvin

**Street address**

Rahmatiee, Shahrekord University of Medical Sciences, Shahrekord

**City**

Shahrekord

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Shahrekord University of Medical Sciences

**Full name of responsible person**

Dr.Sayed Kamal Solati

**Street address**

Shahrekord University of Medical Sciences, Kashani Street, Shahrekord

**City**

Shahrekord

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

Yes

**Title of funding source**

Shahrekord 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**

Shahrekord University of Medical Sciences

**Full name of responsible person**

Neda Parvin

**Position**

Lecturer, faculty member

**Other areas of specialty/work****Street address****City**

Shahrekord

**Postal code****Phone**

+98 3833333562

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np285@yahoo.com

**Web page address**

## Person responsible for scientific inquiries

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**Position**

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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*