

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Sep 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

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

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Person responsible for updating data

Contact

Name of organization / entity

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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