Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Study the effect of Gingiber powder capsules on Premenstrual Syndrome in students of Sabzevar University of Medical Sciences

Protocol summary

Summary

Study the effectiveness of Ginger on PMS symptoms is object of this study. Cases fill the DSRP (Daily record of Severity of Problems) questionnaire for calculating the severity of PMS symptoms. Cases fill the questionnaire 2 menstrual cycles before treatment. Those that have PMS syndrome, were choose. Cases divide in two Group (A, B). One group receive capsules containing ginger and other group receive placebo. Cases take drugs or placebo for two months. At the end of each month cases fill the questionnaire. After that taking drugs are discontinued for two months, then groups change their treatments (ginger and placebo) and continue taking them for two other cycles. Finally PMS results before and after treatment were calculated and analyzed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014092119240N1**
Registration date: **2014-11-01, 1393/08/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-11-01, 1393/08/10

Registrant information

Name

Omid Gholami

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 4444 6070

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gholamio@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research and technology, Sabzevar uniersity of medical sciences

Expected recruitment start date

2014-03-20, 1392/12/29

Expected recruitment end date

2014-12-21, 1393/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effect of Gingiber powder capsules on Premenstrual Syndrome in students of Sabzevar University of Medical Sciences

Public title

Study the effect of Gingiber powder capsules on Premenstrual Syndrome in students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Regular menses period, No pregnancy or lactation, at least 3 years after menark, No history of psychological disorders, No Alcohol or tobacco use, No history of systemic disorder, No history of contraceptive use, No history of food preparation containing Ginger
Exclusion Criteria: Chronic disorder, Inflammatory pelvic disease, Taking specific drug,Having Infection, inflammation and Psychological disorder

Age

No age limit

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **72**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Crossover
Other design features
Cases divided in two group (intervention and control) randomly.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Sabzevar Uniersity of Medical Sciences
Street address
Deputy of Research and Technology, Building No.1, University of Medical Sciences, Sabzevar
City
Sabzevar
Postal code
9613873136
Approval date
2014-03-10, 1392/12/19
Ethics committee reference number
medsab.Rec.92.37

Health conditions studied

1

Description of health condition studied
Premenstrual Syndrome
ICD-10 code
F38.8
ICD-10 code description
Other specified mood [affective] disorders

Primary outcomes

1

Description
Physical symptoms
Timepoint
At the end of each period, for two consecutive period
Method of measurement
Standard Questionnaire

Secondary outcomes

1

Description
Behavioral and Psychological symptoms
Timepoint
Before intervention, at the end of each period for two consecutive period
Method of measurement
Standard Questionnaire

Intervention groups

1

Description
Intervention group:250mg ginger rhizome, every day, three times a day, for two menstrual period
Category
Treatment - Drugs

2

Description
Control group: placebo (lactose), every day, three times a day, for two menstrual period
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Sabzevar University of Medical Sciences
Full name of responsible person
Omid Gholami
Street address
Faculty of Medicine, Deputy of Education, Sabzevar University of Medical Sciences
City
Sabzevar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research of Sabzevar University Of Medical Sciences
Full name of responsible person
Mohammad Mohammadzadeh

Street address
Deputy of Research and Technology, Sabzevar University of Medical Sciences
City
Sabzevar
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for Research of Sabzevar 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
Sabzevar university of medical sciences
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Omid Gholami
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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