

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 2026

### Study the effect of Ginger 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

##### Email address

gholamio@medsab.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Deputy of Research and technology, Sabzevar university 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 Ginger powder capsules on Premenstrual Syndrome in students of Sabzevar University of Medical Sciences

##### Public title

Study the effect of Ginger 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 University 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

**Full name of responsible person**

Omid Gholami

**Position**

Assistant professor

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

Faculty of Medicine, Deputy of Education, Sabzevar  
University of Medical Sciences

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+98 51 4444 6070

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omidghphd@gmail.com; dromidgholami@yahoo.com

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

Omid Gholami

**Position**

Assistant Professor

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**Fax****Email**

omidghphd@gmail.com; dromidgholami@yahoo.com

**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*