

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The comparison of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms in 45-60 years old women attendant to menopausal clinic

Protocol summary

Summary

The objective of this randomized clinical trial is to compare Massage therapy & Aromatherapy massage by a midwife on the menopausal symptoms. A total of 150 women who have naturally enter the menopausal period and have menopausal symptoms according to MRS, will be randomly assigned to aromatherapy massage groups (by a midwife or themselves), massage group (by midwife or themselves), or control. The outcome (menopausal symptoms, as obtained through the Menopause Rating Scale) will be measured before intervention, and after 4 weeks intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201101262172N9**

Registration date: **2011-10-27, 1390/08/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-10-27, 1390/08/05

Registrant information

Name

Simin Taavoni

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date

2011-03-21, 1390/01/01

Expected recruitment end date

2011-09-23, 1390/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms in 45-60 years old women attendant to menopausal clinic

Public title

The effect of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age between 45 and 60 years old; married; 12 months amenorrhea; no serious chronic medical conditions; no allergy to aromatherapy; normal pap smear in past 12 months; no clinically abnormal finding in physical examinations. Exclusion criteria: side effects during intervention for example allergy to aromatherapy; absence of maximum two sessions of intervention; any kind of crisis in participant or her family; use of any kind of drug or therapy for symptom relief during the study intervention; change in diet or

physical exercise program during the study

Age

From **45 years** old to **60 years** old

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **150**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Department

Street address

No 23, Dameshgh St. Valiasr Ave

City

Tehran

Postal code

Approval date

2011-03-21, 1390/01/01

Ethics committee reference number

12849-28-01-90

Health conditions studied

1

Description of health condition studied

Menopausal symptoms

ICD-10 code

N95

ICD-10 code description

Menopausal and female climacteric states

Primary outcomes

1

Description

Menopausal symptoms scores

Timepoint

Before intervention, after 4 weeks intervention

Method of measurement

Menopausal Rating Scale

Secondary outcomes

empty

Intervention groups

1

Description

Massage therapy by midwife: massage with plane oil (5 cc of soft paraffin per session) on the abdominal area, arm and femur, applied by midwife, eight 30-min sessions over a month

Category

Other

2

Description

Control: No intervention during the study

Category

Other

3

Description

Aromatherapy massage by midwife: aromatherapy massage with aroma oil (5 cc of lavender, rose geranium, rose and rosemary in a 4:2:1:1 ratio, diluted almond (90%) and evening primrose oil (10%) at a final concentration of 3% per session) on the abdominal area, arm and femur, applied by midwife, eight 30-min sessions over a month

Category

Other

4

Description

Aromatherapy massage by participants: aromatherapy massage with aroma oil (5 cc of lavender, rose geranium, rose and rosemary in a 4:2:1:1 ratio, diluted almond (90%) and evening primrose oil (10%) at a final concentration of 3% per session) on the abdominal area, arm and femur, applied by participants, eight 30-min sessions over a month

Category

Other

5

Description

Massage therapy by participants: massage with plane oil (5 cc of soft paraffin per session) on abdominal area, arm and femur, applied by participants, eight 30-min sessions over a month

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Menopause Clinic of OB & GYN hospital (Mirza koochak khan)

Full name of responsible person

Dr Firoozeh Akbari asbagh

Street address

4th alley, mirzay shirazi st, motahari st, Tehran, Iran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Tehran University of Medical Sciences

Full name of responsible person

Esmat Karimie

Street address

No 23, Dameshgh St., Valiasr Ave

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Tehran

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, Tehran 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

Nursing and Midwifery Faculty, Tehran University of Medical Sciences

Full name of responsible person

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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