Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of dill (anethum graveolens linn) on improvement of sleep disorders due to premenstrual syndrome

Protocol summary

Summary

Aim of this study assesses effect dill of anethum graveolens linn on improvement of sleep disorders due to premenstrual syndrome. This study is clinical trial and double blind. Inclusion criteria: age 15 to 45; premenstrual syndrome. Exclusion criteria: psychological disorder; digestive disorder; sleep disorder except for premenstrual syndrome; sedative drug. We will divide 142 patients in two groups' intervention and control randomize by random numbers table. We will complete questionnaire for sleep disorder and flatulence in first and end of study. We will complete questionnaire for sleep disorder by pittsburgh sleep quality questionnaire. We will prescribe dill of anethum graveolens linn two dills in day (every 12 hours) duration fourteenth to twenty-fourth day of menstrual periods in intervention group. We will prescribe dill of placebo (wheat flour) two dills in day (every 12 hours) duration fourteenth to twenty-fourth day of menstrual periods in control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016120720258N19**
Registration date: **2017-01-06, 1395/10/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-01-06, 1395/10/17

Registrant information

Name

Fariba Farokhi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 86 3222 2003

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Recruitment status

Recruitment complete

Funding source

Vice President of Research Arak University of Medical Sciences

Expected recruitment start date

2015-12-06, 1394/09/15

Expected recruitment end date

2016-12-20, 1395/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of dill (anethum graveolens linn) on improvement of sleep disorders due to premenstrual syndrome

Public title

Effect of dill (anethum graveolens linn) on improvement of sleep disorders due to premenstrual syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 15 to 45; premenstrual syndrome
Exclusion criteria: psychological disorder; digestive disorder; sleep disorder except for premenstrual syndrome; sedative drug

Age

From **15 years** old to **45 years** old

Gender

Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **142**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features
Randomize with random numbers table

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee, Arak University of Medical Sciences
Street address
Vice President of Research, Payambarazam Complex, Basij Square, Sardasht, Arak
City
Arak
Postal code
3814957558
Approval date
2015-11-23, 1394/09/02
Ethics committee reference number
IR.ARAKMU.REC.1394.214

Health conditions studied

1

Description of health condition studied
Premenstrual syndrome
ICD-10 code
N94.3
ICD-10 code description
Premenstrual tension syndrome

Primary outcomes

1

Description
Sleep disorder
Timepoint
Before and after intervention
Method of measurement
Pittsburgh sleep quality questionnaire

2

Description
Flatulence
Timepoint
Before and after intervention
Method of measurement
Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:We will prescribe dill of anethum graveolens linn two dills in day (every 12 hours) duration fourteenth to twenty-fourth day of menstrual periods .
Category
Treatment - Drugs

2

Description
Control group: We will prescribe dill of placebo (wheat flour) two dills in day (every 12 hours) duration fourteenth to twenty-fourth day of menstrual periods.
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Taleghani hospital
Full name of responsible person
Dr Maryam Shokrpour
Street address
Emam khomeini, Taleghani hospital
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice President of Research Arak University of Medical Sciences
Full name of responsible person
Dr Mohammad Rafiee
Street address
Vice Chancellor for Research, Payambar Azam

Complex, Basij Square, Sardasht, Arak

City

Arak

Grant name

-

Grant code / Reference number

-

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice President of Research Arak 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

Arak University Of Medical Sciences

Full name of responsible person

Dr Mahbobeh Afaghi

Position

Resident of gynechology

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Gynechologist

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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