

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 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)

Phone

+98 86 3222 2003

Email address

f.farokhi@arakmu.ac.ir

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 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