Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effects of the sauce of Quince on uterine bleeding in women with menorrhagia

Protocol summary

Summary

This pilot study (before-after study) will be done after approval of Ethics Committee of Shahid Beheshti University of Medical Sciences. 25 women with menorrhagia referring to gynecological clinic who have regular periods will be studied. At the beginning, written informed consent will be received of all eligible persons. In first visit, Pictorial and quality of life forms will be filled for all patients. Sauce of Quince is prescribed in two menstruation cycles, three teaspoonful after each meal for two months. Sauce of Quince is prepared by the researcher. Patients will be compared in the number days and severity of bleeding before the intervention (the first month of the study) and then the first and second cycle after the intervention. In this study bleeding more than 80 ml, or 8 or more days in each menstrual cycle refers as menorrhagia. Pictorial blood loss assessment chart (PBAC) will be used to diagnosis menorrhagia and determine the amount of bleeding. Based on this chart, score 100 (80 cc) or more is massive bleeding, and bleeding of less than 80 cc will be regarded as patient recovery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102621937N2**
Registration date: **2016-11-17, 1395/08/27**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-11-17, 1395/08/27

Registrant information

Name

Maryam Bahman

Name of organization / entity

School of Traditional Medicine and Materia Medica Research Center, Shahid Beheshti university of M

Country

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+98 21 8877 3521

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahid Beheshti University of Medical Sciences

Expected recruitment start date

2016-11-05, 1395/08/15

Expected recruitment end date

2017-05-05, 1396/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of the sauce of Quince on uterine bleeding in women with menorrhagia

Public title

The effects of the sauce of Quince on uterine bleeding

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: menorrhagia (menorrhagia diagnosis based on the amount of excessive bleeding (more than 80 cc of blood) based on the charts Pictorial or long-term (greater than or equal 8 days); age 50-18 years old; regular menstrual cycles; severe menstrual bleeding in

two consecutive cycles. Exclusion criteria: irregular menstrual periods or menstrual bleeding between periods; presence of uterine fibroid larger than 3 cm; other pathological causes for abnormal bleeding; systemic diseases affecting normal menstrual bleeding; taking any drugs or medications that affect the menstrual hormones; IUD; pregnancy; hemoglobin below 10.

Age
From **18 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **25**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Beheshti University of Medical Sciences

Street address
Shahid Beheshti University of Medical Sciences, Velenjak Street, Shahid Chamran highway

City
Tehran

Postal code

Approval date
2016-08-28, 1395/06/07

Ethics committee reference number
IR.SBMU.RETECH.REC.1395.375

Health conditions studied

1

Description of health condition studied
Menorrhagia

ICD-10 code
N92.0

ICD-10 code description
Excessive and frequent menstruation with regular cycle

Primary outcomes

1

Description
Reduction of uterine bleeding

Timepoint
First and second months after intervention

Method of measurement
Pictorial Blood Loss assessment Chart (PBAC)

Secondary outcomes

1

Description
Reduction of menstrual days

Timepoint
First and second months after intervention

Method of measurement
PABC Chart

2

Description
Improving the quality of life

Timepoint
Second month after intervention

Method of measurement
Quality of Life Questionnaire

Intervention groups

1

Description
Having sauce of Quince a teaspoonful after every meal for two months.

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Private clinic of Mrs. Afruz Mirahi

Full name of responsible person
Afruz Mirahi

Street address
Unit one, Razi complex, South thirty meters Street, Ahvaz, Iran.

City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Shahid Beheshti University of Medical Sciences
Full name of responsible person
Mojgan Tansaz
Street address
No.8 Shams Alley, Opposite Tavanir Street, Valiasr Street, Tehran
City
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, Shahid Beheshti 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
Department of Traditional Medicine, School of Traditional Medicine, Shahid Beheshti University of Me
Full name of responsible person
Maryam Bahman
Position
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Person responsible for scientific inquiries

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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