Clinical Trial Protocol
Iranian Registry of Clinical Trials

23 Feb 2026

The Study on the Effects of Licorice compared to placebo on severity of Pre Menstrual Syndrome (PMS) signs among college students

Protocol summary

Summary

This double-blind randomized clinical trial will be conducted to assess the effect of Licorice on premenstrual symptoms. The study population comprise 84 female students having premenstrual symptoms according to PSST (Premenstrual Symptoms Screening Tool) questionnaire and satisfied the inclusion criteria. The participants will be randomly assigned into Licorice or placebo group. The participants in the intervention group will receive Licorice capsule while participants in the control group will receive placebo with the same dosage. The outcome measures in this study are premenstrual symptoms, as obtained through the PSST questionnaire before and during the intervention. At the end of the study, two premenstrual syndrome sign scores will be obtained for every participant (1 before intervention to recognize the eligible samples and after 2 cycle intervention).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061722779N1**
Registration date: **2015-06-29, 1394/04/08**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2015-06-29, 1394/04/08

Registrant information

Name

Maryam Farahmand

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2016-02-04, 1394/11/15

Expected recruitment end date

2016-10-06, 1395/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Study on the Effects of Licorice compared to placebo on severity of Pre Menstrual Syndrome (PMS) signs among college students

Public title

Effects of Licorice on premenstrual disturbances

Purpose

Screening

Inclusion/Exclusion criteria

Inclusion criteria: age 18-35 years; having regular menstrual cycles; experience of PMS symptoms; not smoking; alcohol or drug usage; willingness to participate in the study; completed a written informed consent.
Exclusion criteria: pregnancy; lactation; menstrual cycle irregularity; medical disease; hormonal method of contraception; developing tensions and severe psychological crisis within the past 6 months.

Age

From **18 years** old to **35 years** old

Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **84**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Tehran University of Medical Sciences
Street address
Keshavarz Blvd., corner of Ghods St.
City
Tehran
Postal code
Approval date
2015-06-16, 1394/03/26
Ethics committee reference number
IR.TUMS.REC.1394.59

Health conditions studied

1

Description of health condition studied
Pre Menstrual Syndrome (PMS)
ICD-10 code
N94.3
ICD-10 code description
Premenstrual tension syndrome

Primary outcomes

1

Description
Premenstural syndrome severity
Timepoint
monthly
Method of measurement
Premenstrual Symptoms Screening Tool (PSST) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Oral administration of 110 mg licorice capsule for 2 menstrual cycle 3 times a day
Category
Treatment - Drugs

2

Description
Placebo capsules had 110mg starch with the same shape for 2 menstrual cycle 3 times a day
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Tehran dorms
Full name of responsible person
Maryam Farahmand
Street address
Nursing Midwifery Care Research Center, Faculty of Nursing and Midwifery , Nosrat st., Tohid sq.
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
Reza Negarandeh
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Nursing Midwifery Care Research Center, Faculty of Nursing and Midwifery , Nosrat st., Tohid sq.
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, 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 Midwifery Care Research Center

Full name of responsible person

Reza Negarandeh

Position

Professor/Director

Other areas of specialty/work

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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