

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

Evaluation of effectiveness of Cinnamon and placebo on primary dysmenorrhea in girls in dormitories of Isfahan University of Medical Sciences and Isfahan University

Protocol summary

Summary

Objective: To determine the effectiveness of the cinnamon on primary dysmenorrhea in Girls in dormitories of Isfahan University of Medical Sciences and the Isfahan university Design: Randomized, double-blind (blind to participants and experimenters), placebo-controlled, multicenter. Methods: Inclusion criteria: being single ; Age between 18 to 30 years ; Having a regular menstrual cycle ; Having primary dysmenorrhea ; No history of genital surgery ; No history of any allergies, especially to plants ; Not having internal diseases (diabetes, hypertension, kidney disease, etc.) Exclusion criteria: Irregular cycle less than 21 days and no more than 45 days during use ; Having allergy during use ; The use of any medications, including hormonal medications and painkillers during doing the study ; Not using the treatment correctly The total sample size: 80 cases. 40 cases in the intervention group and 40 cases in the control group. Intervention: empty capsules are filled with 500 mg cinnamon powder and Two capsules are given every 8 hours to the intervention group. empty capsules are filled with starch powder and Two capsules are given every 8 hours to the control group. Intervention time: with starting menstrual cycle, Two capsules are taken every 8 hours and this process will continue for three days. Outcome: pain relief in primary dysmenorrhea

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015101024452N1**
Registration date: **2015-11-01, 1394/08/10**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-11-01, 1394/08/10

Registrant information

Name

Maryam Jahangirifar

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3331 2806

Email address

m_jahangiri@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Isfahan University of Medical Sciences

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-09-22, 1394/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation of effectiveness of Cinnamon and placebo on primary dysmenorrhea in girls in dormitories of Isfahan University of Medical Sciences and Isfahan University

Public title

Evaluation of effectiveness of Cinnamon on menstrual

pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: being single
Age between 18 to 30 years ; Having a regular menstrual cycle
Having primary dysmenorrhea ; No history of genital surgery ; No history of any allergies, especially to plants ; Not having internal diseases (diabetes, hypertension, kidney disease, etc.)

Exclusion criteria: Irregular cycle less than 21 days and no more than 45 days during use ; Having allergy during use ; The use of any medications, including hormonal medications and painkillers during doing the study ; Not using the treatment correctly

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

Ethics committee of Isfahan university of Medical Sciences

Street address

Hezar jarib street, Isfahan university of medical science, Isfahan.

City

Isfahan

Postal code

۷۳۴۶۱-۸۱۷۴۶

Approval date

2015-01-05, 1393/10/15

Ethics committee reference number

293350

Health conditions studied

1

Description of health condition studied

primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Pain and other conditions associated with female genital organs and menstrual cycle

Primary outcomes

1

Description

The mean intensity of primary dysmenorrhea

Timepoint

Before the intervention, one month after the intervention, two months after the intervention

Method of measurement

The pain visual analog scale (McGill pain ruler)

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group: Every 8 hours two capsules containing 500 mg of cinnamon powder are consumed for the first three days of menstrual cycles and two menstrual cycles.

Category

Treatment - Drugs

2

Description

The control group: Every 8 hours two capsules containing Starch powder are consumed for the first three days of menstrual cycles and two menstrual cycles.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Dormitories of Isfahan University of Medical Sciences

Full name of responsible person

Maryam Jahangirifar

Street address

Dormitories of Isfahan University and Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan, Iran

City
Isfahan

Isfahan university of medical sciences, Hezar jarib street, Isfahan, Iran

2

Recruitment center

Name of recruitment center

Dormitories of Isfahan University

Full name of responsible person

Street address

Dormitories of Isfahan University and Isfahan University of Medical Sciences, Hezar Jarib Street, Isfahan, Iran

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Maryam Jahangirifar

Position

Master Student of Midwifery

Other areas of specialty/work

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research of Nursing and Midwifery Faculty, Isfahan University of Medical Science

Full name of responsible person

Ashraf Kazemi

Street address

Vice Chancellor for Research of Nursing and Midwifery Faculty, Isfahan University of Medical Science

City

Isfahan

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 of Nursing and Midwifery Faculty, Isfahan University of Medical Science

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

Isfahan university of medical sciences

Full name of responsible person

Maryam Jahangirifar

Position

master student of midwifery

Other areas of specialty/work

Street address

Person responsible for updating data

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Maryam Jahangirifar

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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