Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Evaluation of the impact of dry cupping on primary dysmenorrhea among the students residing in Qazvin University of Medical Sciences dormitories: Random controlled clinical trial

Protocol summary

Summary

Objective: Evaluation of the impact of dry cupping on primary dysmenorrhea among the students residing in Qazvin University of Medical Sciences dormitories. Design: Random controlled clinical trial, phase II trial. The method of studying, the conditions of inclusion: single women in the range of 35-19 years old; living in students dormitories of Qazvin University of Medical Sciences; with regular menstrual cycles; moderate to severe primary dysmenorrhea; lack of any known chronic diseases like diabetes; the absence of symptoms like burning, itching and abnormal vaginal discharge; no hormonal problems; no history of pelvic disease, fibroids and tumors; no usage of certain medications and no stressful factors (separation of parents, death of first-degree relatives and so on) in the last six months. Major excluding conditions: being under the age of 19 years and more than 35 years; irregular menstruation; menstrual without pain; mild primary dysmenorrhea; secondary dysmenorrhea; chronic disease; pelvic disease; being under the stressors in the past six months. Sample size: two of cupping therapy groups (test) and control group (75 patients in each group). Interventions: hundred and fifty people entered the study and were randomly divided into two experimental and control groups. We use dry cupping for 3 menstrual periods at one time and then rotating within 3 days before the onset of menstruation (as prophylaxis) until end of menstruation in experimental group and no intervention in control group. During three consecutive cycle, severity of dysmenorrhea will be assessed with verbal multidimensional scoring system. The main outcome variables: the severity and duration of primary dysmenorrhea, symptoms of dysmenorrhea.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120125320N1**
Registration date: **2017-02-18, 1395/11/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-02-18, 1395/11/30

Registrant information

Name

Maryam Taherpour

Name of organization / entity

Qazvin University of Medical Sciences, Qazvin, Iran

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research Qazvin University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2016-12-19, 1395/09/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Evaluation of the impact of dry cupping on primary dysmenorrhea among the students residing in Qazvin University of Medical Sciences dormitories: Random controlled clinical trial

Public title
Evaluation of the impact of dry cupping on primary dysmenorrhea among the students residing in Qazvin University of Medical Sciences dormitories.

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria: single women in the range of 35-19 years old; living in students dormitories of Qazvin University of Medical Sciences; with regular menstrual cycles; moderate to severe primary dysmenorrhea; lack of any known chronic diseases like diabetes; the absence of symptoms like burning, itching and abnormal vaginal discharge; no hormonal problems; no history of pelvic disease, fibroids and tumors; no usage of certain medications and no stressful factors (separation of parents, death of first-degree relatives and so on) in the last six months. Major excluding conditions: being under the age of 19 years and more than 35 years; irregular menstruation; menstrual without pain; mild primary dysmenorrhea; secondary dysmenorrhea; chronic disease; pelvic disease; being under the stressors in the past six months.

Age
From **19 years** old to **35 years** old

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **150**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

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

Street address
Qazvin University of Medical Sciences , Shahid Bahonar Blvd , Qazvin

City
Qazvin

Postal code

Approval date
2015-11-08, 1394/08/17

Ethics committee reference number
IR.QUMS.REC.1394.193

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhoea

ICD-10 code
N 94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
severity and duration of primary dysmenorrhea

Timepoint
Before the intervention, one month, two months, three months after the intervention in case and control groups

Method of measurement
Verbal multidimensional scoring system

Secondary outcomes

1

Description
symptoms of dysmenorrhea

Timepoint
Before the intervention, one month, two months, three months after the intervention in case and control groups

Method of measurement
Verbal multidimensional scoring system

Intervention groups

1

Description
3 days before the onset of menstruation (as prophylaxis) until end of menstruation dry cupping for 3 menstrual periods at a time and rotations, use of the experimental group and the control group will not be any interference. In dry cupping, we are using from special cups to size 5

to 7 centimeters. Cotton soaked in alcohol that wrapped to a forceps Ignited made and in a rapid move take away inside the Cup and we're warm air inside the cup and Immediately putting up tops the lumbar sides spine and suprapubic for 10-15 minutes.

Category
Treatment - Other

2

Description
In the control group does not take place intervention

Category
Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Qazvin University of Medical Sciences dormitories

Full name of responsible person
MaryamTaherpour

Street address
Golestan Enghelab Dormitory,Shahid Bahonar Blvd, Qazvin

City
Qazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Qazvin University of Medical Sciences

Full name of responsible person
Taghi Naserpour

Street address
Qazvin University of Medical Sciences , Shahid Bahonar Blvd , Qazvin

City
Qazvin

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, Qazvin 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
Qazvin University of Medical Sciences, Qazvin, Iran

Full name of responsible person
Maryam Taherpour

Position
Master of Sciences in Midwifery/Scientific board

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