

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

The effect of massage with geranium essence on pain severity of primary dysmenorrhea

Protocol summary

Summary

The purpose of study is evaluate the effect of aromatherapy massage with geranium essence on pain severity of primary dysmenorrhea. Inclusion criteria contains: having regular menstruation periods; according to the Visual Analogue Scale score higher than 5. Exclusion criteria contains: The occurrence of abnormal bleeding; using analgesics. subjects are 90 students from Neyshabour University of Medical Science that having primary dysmenorrhea and studying in the academic year 96-95. The total subject are 90 students that will be divided into three groups randomly; geranium essence massage, unscented almond oil massage, and massage only group. all three group will be receive massage in the first day of menstruation in subsequent cycle. The severity of pain will be evaluated by Visual Analogue Scale before and immediately 24 hours after intervention. Expected that massage with geranium essence reduce the severity of primary dysmenorrhea.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017013132329N1**

Registration date: **2017-04-06, 1396/01/17**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-04-06, 1396/01/17

Registrant information

Name

Mahnaz Abavisani

Name of organization / entity

Gonabad University Medical of Sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 4222 5411

Email address

m.abavisani@gmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Science

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2017-07-06, 1396/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of massage with geranium essence on pain severity of primary dysmenorrhea

Public title

Effect of geranium on dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: being single; Age 35-18 years; having regular menstruation periods intervals of 35-21 day; according to the Visual Analogue Scale score higher than 5; The lack of a history of physical diseases: such as asthma; allergies; migraines; diabetes; thalassemia; blood pressure; thyroid disease; cardiovascular and lack of pelvic inflammatory disease; uterine and ovarian cyst diagnosed as abnormal bleeding; the lack of hormone therapy and oral contraceptive pills during the last 3 months. Exclusion

criteria: Not wanting to continue participating in the study; occurrence abnormal bleeding during the study; use of analgesics during the study; indicated any allergic reaction to essential oils.

Age

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

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **90**

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

Gonabad University of Medical Science

Street address

Asian Road Side, Gonabad

City

Gonabad

Postal code

96917937181

Approval date

2016-06-05, 1395/03/16

Ethics committee reference number

IR.GMU.REC.1395.55

Health conditions studied

1

Description of health condition studied

primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes

1

Description

pain of dysmenorrhea

Timepoint

Before, immediately after and 24 hours after intervention

Method of measurement

visual analogue scale

Secondary outcomes

1

Description

side effects

Timepoint

In the period cycle after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

In the control group no intervention will be done by researcher and Only subject's pain intensity will be measured.

Category

Other

2

Description

In intervention group geranium essence 5% manufacturing by barij essence company will be used. Geranium essence in odorless sweet almond oils as the base oil is diluted. In intervention group essence contains 4 drops of geranium essence and 20 cc almond oil. massage for 15 minutes at the top of the pubic to form of circular will be done.

Category

Other

3

Description

In second group of odorless almond oil manufacturing by barij essence company will be used. In this group with 20 cc of almond oil massage to form of circular in the upper part of the pubic done for 15 minutes.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Neyshabour University of Medical Science
Full name of responsible person
Street address
City
Neyshabour

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Gonabad University of Medical Science
Full name of responsible person
Dr Ali Mohammadpour
Street address
Asian Road side, Gonabad
City
Gonabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source

Gonabad 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
Gonabad University of Medical Science
Full name of responsible person
Mahanaz Abavisani
Position
Master of Science Nursing
Other areas of specialty/work
Street address
Asian Road side, Gonabad
City
Gonabad
Postal code
96917937181
Phone
+98 51 5722 3028
Fax
Email
m.abavisani@gmu.ac.irmahnazabavisani@gmail.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Gonabad University of Medical Science
Full name of responsible person
Mossa Sajjadi
Position
Phd Nusing
Other areas of specialty/work
Street address
Asian Road side, Gonabad
City
Gonabad
Postal code
Phone
+98 51 5722 3028
Fax
Email
moosasajjadi1975@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Gonabad University of Medical Science
Full name of responsible person
Mahnaz Abavisani
Position
Master of Science Nursing Student
Other areas of specialty/work
Street address
Asian Road Side, Gonabad
City
Gonabad
Postal code
96917937181
Phone
+98 51 5722 3028
Fax
Email
Web page address

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