

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of olfactory training on the improvement of olfactory disorder and its relation with sexual satisfaction in patients with post traumatic anosmia/hyposmia

Protocol summary

Summary

The aim of this study is to determine the effects of olfactory training on the improvement of olfactory disorder and its relationship with sexual satisfaction in patients suffering from anosmia/hyposmia due to trauma. This is a one blind interventional study with control group. Statistical population includes all patients with anosmia/hyposmia due to trauma, who are referred to the Ear, Throat and Nose Research Center of Rasoule Akram Hospital. inclusion criteria including married, having sex with a spouse and age between the ages of 23 to 43, and exclusion criteria including congenital anomalies (Kalman Syndrome), single, having neurological diseases such as Parkinson's and Alzheimer's, Diabetes, smoking, sinonasal disease, acute nose disease such as infection and pregnancy. The sample size is 60 in the intervention group and 60 in the control group. Patients are examined by sniffin sticks two times: once at the entering to study and once one day after complete the intervention. This test examines the odor threshold, odor discrimination and odor identification. The intervention will take 16 weeks of olfactory training during the study so that the intervention group during this period will smell four groups of fragrances two times per day (morning and afternoon), and ultimately the effect of olfactory training on improvement of olfactory and sexual satisfaction will be evaluated.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017102034225N1**

Registration date: **2017-10-20, 1396/07/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-10-20, 1396/07/28

Registrant information

Name

Kamran Kamrava

Name of organization / entity

Research Center of the ear, throat, nose and head and neck University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Ear, nose and throat, and head and neck Research Center of Iran University of Medical Sciences and Health Services

Expected recruitment start date

2017-07-23, 1396/05/01

Expected recruitment end date

2019-02-19, 1397/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of olfactory training on the improvement of olfactory disorder and its relation with sexual satisfaction in patients with post traumatic anosmia/hyposmia

Public title

The effect of training on the improvement of olfactory disorder and sexual satisfaction in patients with anosmia/hyposmia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: married; having sex with a spouse and age between the ages of 23 to 43; having post traumatic anosmia/hyposmia. Exclusion criteria: congenital anomalies(Kalman Syndrome); single; having neurological diseases such as Parkinson's and Alzheimer's; Diabetes; smoking; sinonasal disease; acute nasal disease such as infection; pregnancy.

Age

From **23 years** old to **43 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Randomization is done by a random number table.

Secondary Ids

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Rasoule Akram Hospital ENT research center, Iran University of Medical Sciences

Street address

2nd Floor of Building No.2, Rasoule Akram Hospital, Niayesh St., Satarkhan Ave. Tehran, Iran

City

Tehran

Postal code**Approval date**

2017-05-31, 1396/03/10

Ethics committee reference number

IR.IUMS.REC 1396.3137

Health conditions studied**1****Description of health condition studied**

Post traumatic Anosmia/Hyposmia

ICD-10 code

T90-T98

ICD-10 code description

Sequelae of injuries, of poisoning and of other consequences of external causes

Primary outcomes**1****Description**

Olfaction

Timepoint

at the start of study, one day after complete the intervention

Method of measurement

Sniffin sticks tests

Secondary outcomes**1****Description**

Sexual satisfaction

Timepoint

At the start of study, one day after complete the intervention

Method of measurement

Larson sexual satisfaction questionnaire

Intervention groups**1****Description**

The training group will take olfactory training through 12 weeks according to the Henning we have four groups are classified: 1, Phenyl ethyl alcohol 2, Eucalyptol 3, Citronellal 4, Eugenol we select one essence from each group: 1, Phenyl ethyl alcohol: Rose 2, Eucalyptol: Eucalyptus 3, Citronellal: Lemon 4, Eugenol: Clove we will ask them smell each essence for 10 seconds every morning and every evening.

Category

Treatment - Other

2**Description**

The control group will be left without any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Rasoule Akram Hospital ENT research center, Iran
University of Medical Sciences

Full name of responsible person

Street address

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Center of the ear, throat, nose and head
and neck of Iran

Full name of responsible person

Dr. Rafie Alizadeh Miran

Street address

Niayesh str. Satarkhan str. Tohid Squ. Tehran

City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Research Center of the ear, throat, nose and head and
neck of Iran

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

Research Center of the ear, throat, nose and head
and neck of Iran University of Medical Sciences

Full name of responsible person

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Position

Assistant professor/Ph.D

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