

# 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)

###### Phone

+98 21 6655 2828

###### Email address

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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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Assistant professor/Ph.D

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## Person responsible for scientific inquiries

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## Person responsible for updating data

**Contact****Name of organization / entity**

Shahrekord University of Medical Sciences

**Full name of responsible person**

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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*