Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of massage with aromatherapy (lavender oil) on primary dysmenorrhea

Protocol summary

Summary

Objectives: This study is conducted to determine the effect of massage with aromatherapy on the severity of primary dysmenorrhea. Design: This study will be conducted on 72 female students residing in Mashhad University of Medical Sciences dormitory. Inclusion criteria: Iranian nationality; resident of Mashhad University of Medical Science dormitory; regular menstrual periods (22-35 days); The severity of pain in menstruation more than 60 mm (using visual pain scale and having an average severity of pain in the first three days of the menstrual period, over 2 control cycle, more than 60 mm). Exclusion criteria: a history of suffering from Obstetrics and Gynecology diseases; history of surgery on genitalia; Hormonal drugs consumption or having special food diet; mental and emotional diseases; BMI above 30; Heavy exercise; Endocrine disease. The samples will randomly (by blocking) divide into three groups, including the massage group with lavender oil, the massage group with paraffin oil and the massage group without any oil. Massage is performed from the first day of the menstruation for one day, daily for 15 minutes and routinely by the research unit itself. This study is not blinded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061134465N1**
Registration date: **2017-07-11, 1396/04/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-07-11, 1396/04/20

Registrant information

Name
Somayeh Alirezaei
Name of organization / entity
Mashhad University of Medical Sciences, School of Nursing and Midwifery
Country
Iran (Islamic Republic of)
Phone
+98 51 3501 2276
Email address
somayea67@gmail.com

Recruitment status

Recruitment complete

Funding source
Mashhad University of Medical Sciences

Expected recruitment start date

2013-06-22, 1392/04/01

Expected recruitment end date

2014-02-20, 1392/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of massage with aromatherapy (lavender oil) on primary dysmenorrhea

Public title

The effect of massage with lavender oil on primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Iranian nationality; resident of Mashhad University of Medical Science dormitory; regular menstrual periods (22-35 days); The severity of pain in

menstruation is more than 60 mm (using visual pain scale and having an average severity of pain in the first three days of the menstrual period, over 2 control cycle which is more than 60 mm). Exclusion criteria: a history of suffering from obstetrics and Gynecology disease; a history of surgery on genitalia; Hormonal drugs consumption or having special food diet; mental and emotional disease; BMI above 30; Heavy exercise; Endocrine disease.

Age
From **18 years** old to **49 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **72**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not 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 Mashhad University of Medical Sciences

Street address
School of Nursing and Midwifery, Daneshgah Alley, Mashhad

City
Mashhad

Postal code

Approval date
2013-05-23, 1392/03/02

Ethics committee reference number
IR.mums.REC.13920302

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhoea

ICD-10 code
N94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
Intensity of menstrual pain

Timepoint
Every month for three consecutive months

Method of measurement
Visual scale of pain

Secondary outcomes

1

Description
Duration of menstrual pain

Timepoint
Every month for three consecutive months

Method of measurement
History

Intervention groups

1

Description
Intervention group 1: Massage with lavender oil, from the beginning of menstruation for one day, daily for 15 minutes, at the top of the symphisis pubis, periodically, conducted by the research unit itself.

Category
Treatment - Drugs

2

Description
Intervention group 2: Massage with paraffin oil, from the beginning of menstruation for one day, daily for 15 minutes, at the top of the symphisis pubis, periodically, is conducted by the research unit itself.

Category
Placebo

3

Description
Control group: Massage, from the beginning of the menstruation for one day, daily for 15 minutes, at the top of the symphisis pubis, periodically, is conducted by the research unit itself.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Baharestan 1

Full name of responsible person
Mahboubeh Ramezanzadeh

Street address
Medical Sciences Dormitory, Bahonar Alley, Vakil Abad Blvd, Mashhad

City
Mashhad

2

Recruitment center

Name of recruitment center
Baharestan 2

Full name of responsible person
Mahboubeh Ramezanzadeh

Street address
Medical Sciences Dormitory, Bahonar Alley, Vakil Abad Blvd, Mashhad

City
Mashhad

3

Recruitment center

Name of recruitment center
Baharestan 3

Full name of responsible person
Mahboubeh Ramezanzadeh

Street address
Medical Sciences Dormitory, Bahonar Alley, Vakil Abad Blvd, Mashhad

City
Mashhad

Sponsors / Funding sources

1

Sponsor

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

Full name of responsible person
Dr. Mohsen Tafaghodi

Street address
Vice chancellor for research, Mashhad University of Medical Sciences, Daneshgah Ave, Mashhad

City
Mashhad

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, Mashhad 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
Mashhad University of Medical Sciences, School of Nursing and Midwifery

Full name of responsible person
Mahin Tafazoli

Position
MH holder of Midwifery

Other areas of specialty/work

Street address
Mashhad University of Medical Sciences, School of Nursing and Midwifery, Daneshgah Ave, Mashhad

City
Mashhad

Postal code

Phone
+98 51 3859 8016

Fax

Email
tafazolim@mums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Mashhad University of Medical Sciences, School of Nursing and Midwifery

Full name of responsible person
Mahin Tafazoli

Position
MA holder of Midwifery

Other areas of specialty/work

Street address
Mashhad University of Medical Sciences, School of Nursing and Midwifery, Daneshgah Ave, Mashhad

City
Mashhad

Postal code

Phone
+98 51 3859 8016

Fax

Email
tafazolim@mums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Mashhad University of Medical Sciences, School of Nursing and Midwifery

Full name of responsible person
Mahin Tafazoli

Position
MA holder of midwifery / Faculty member of Mashhad University of Medical Sciences, School of Nursing

Other areas of specialty/work

Street address
Mashhad University of Medical Sciences, School of Nursing and Midwifery, Daneshgah Ave, Mashhad

City
Mashhad

Postal code

Phone

Fax

Email
tafazolim@mums.ac.ir

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