

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jul 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 symphysis 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 symphysis 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 symphysis 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
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City

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Postal code**Phone**

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Fax**Email**

tafazolim@mums.ac.ir

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Person responsible for scientific inquiries

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Name of organization / entity

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Full name of responsible person

Mahin Tafazoli

Position

MA holder of Midwifery

Other areas of specialty/work**Street address**

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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**

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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