Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Evaluating the effect of super mint oil on nausea & vomiting of pregnancy, Babol, 2009

Protocol summary

Summary

This is a double blind clinical trial to evaluate the effect of supermint oil on nausea & vomiting of pregnancy in prenatal ward at health clinics of Babol University. Eighty pregnant women who suffer from nausea & vomiting of pregnancy will be selected according to inclusion and exclusion criteria and will be divided into two groups (supper mint oil and placebo) randomly. Super mint group will put a glass of water containing 4-6 drops of super mint oil beside their bed before sleeping during 4 nights, in addition to getting routine educations about decreasing nausea & vomiting. In control group, normal saline will be used in the same way as the placebo. Nausea intensity will be evaluated by VAS (Visual Analog Scale) and vomiting intensity will be evaluated by counting the vomiting number per day.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138810163004N1**
Registration date: **2010-05-29, 1389/03/08**
Registration timing: **na**

Last update:
Update count: **0**

Registration date

2010-05-29, 1389/03/08

Registrant information

Name
Fereshteh Behmanesh
Name of organization / entity
Babol university of medical sciences
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Iran (Islamic Republic of)
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midwifery@mubabol.ac.ir

Recruitment status

Not enough for processing

Funding source

Babol university of medical sciences

Expected recruitment start date

2009-10-12, 1388/07/20

Expected recruitment end date

2009-07-11, 1388/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating the effect of super mint oil on nausea & vomiting of pregnancy, Babol, 2009

Public title

Evaluation the effect of suppermint oil on nausea & vomiting of pregnancy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: 18-35 years old, single pregnancy, first trimester of pregnancy. Exclusion criteria: pregnant women with other diseases or hypertension of pregnancy, dead fetus or diagnosed malformation of fetus, hyper emesis gravidarum, multiple pregnancy and molhydatiform.

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: **80**

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

Babol university of medical sciences

Street address

Kargar square

City

Babol

Postal code

Approval date

2010-01-17, 1388/10/27

Ethics committee reference number

5330

Health conditions studied

1

Description of health condition studied

pregnancy nausea & vomiting

ICD-10 code

O21.9

ICD-10 code description

Vomiting of pregnancy, unspecified

Primary outcomes

1

Description

pregnancy nausea & vomiting

Timepoint

18 days

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Wellbeing of pregnancy

Timepoint

1 month

Method of measurement

Questionnaire

Intervention groups

1

Description

In intervention group: using 4-6 drops of suppermint oil in water bowl and putting it beside the bed before sleeping

Category

Other

2

Description

In control group: using 4-6 drops of normal saline in water bowl and putting it beside the bed before sleeping

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Healthy centers of Babol University of Medical Sciences

Full name of responsible person

Fereshteh Behmanesh

Street address

City

Babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol univarsity of medical sciences

Full name of responsible person

Amrolah Mostafazadeh

Street address

Vice chancellor for research, Babol University of Medical Sciences

City

Babol

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?
Yes
Title of funding source
Babol univarsity 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
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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