

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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 (super 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

Country

Iran (Islamic Republic of)

Phone

+98 11 1322 5585

Email address

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 supermint 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

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 university 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****Name of organization / entity**

Babol univarsity of medical sciences

Full name of responsible person

Fereshteh Behmanesh

Position

Msc in midwifery/Faculty member

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

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Fax**Email****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