Clinical Trial Protocol
Iranian Registry of Clinical Trials

11 Jul 2026

. "Investigation of the effect of Curcumin capsule (turmeric) on the severity and duration of Dysmenorrhea in students

Protocol summary

Study aim
. "Determination of the effect of Curcumin capsule (turmeric) on the severity and duration of Dysmenorrhea in students

Design
Clinical trials with control group, individually, with parallel groups, double blind, randomized

Settings and conduct
Sampling was done at the university. The two groups received two capsules after two meals for the first two days of the menstrual cycle, which before and three hours after taking the drug each day, the duration of the pain was checked The pain registration and pain regimen were also recorded using the Pain Questionnaire. Finally, the severity and duration of symptoms of Dysmenorrhea were compared before and one and two months after the intervention with the control group.

Participants/Inclusion and exclusion criteria
Inclusion criteria:Regular menstruation (duration of 3 to 8 days with an interval of 21 to 35 days) 11 to 17 years as the age of the onset of the menstrual period Age of subjects: 18 to 25 years old Marital status: Single Nationality: Iranian Having primary dysmenorrhea Exclusion criteria:Having background of underlying disease is the secondary Dysmenorrhea , such as endometriosis Occurrence of known physically diagnosed chronic disease, anatomical mental disorders Use of any form and type of medical interventions (painkillers) Taking oral contraceptives Taking hormonal medications

Intervention groups
The intervention group took curcumin capsules each containing 500 mg turmeric extracts twice a day in the first 3 days of menstruation for 2 months. The control group was treated with the same course and duration; instead, they took placebo for two whole menstruation cycles.

Main outcome variables
The intensity and duration of pain Before and one and two months after intervention

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20171031037146N1**
Registration date: **2018-06-05, 1397/03/15**
Registration timing: **retrospective**

Last update: **2018-06-05, 1397/03/15**
Update count: **0**

Registration date
2018-06-05, 1397/03/15

Registrant information
Name
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 7771 9431
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shahbaztabari.n@tak.iums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2017-10-02, 1396/07/10

Expected recruitment end date
2018-01-10, 1396/10/20

Actual recruitment start date
2017-11-05, 1396/08/14

Actual recruitment end date
2018-01-27, 1396/11/07

Trial completion date
empty

Scientific title
. "Investigation of the effect of Curcumin capsule

(turmeric) on the severity and duration of Dysmenorrhea in students

Public title

. "Investigation of the effects of Turmeric capsule on decreasing the severity and duration of menstrual pain in students

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Regular menstruation (duration of 3 to 8 days with an interval of 21 to 35 days) Age of subjects: 18 to 25 years old 11 to 17 years as the age of the onset of the menstrual period Marital status: Single Nationality: Iranian Having primary Dysmenorrhea

Exclusion criteria:

Having background of underlying disease causing secondary to Dysmenorrhea, such as endometriosis Occurrence of known physically diagnosed chronic disease, anatomical mental disorders Use of any form and type of medical interventions (painkillers) Taking oral contraceptives Taking hormonal medications

Age

From **18 years** old to **25 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant
- Investigator

Sample size

Target sample size: **74**

Actual sample size reached: **74**

Randomization (investigator's opinion)

Randomized

Randomization description

In order to sample at the university and through the call to the students, qualified people (having dual-grade Dysmenorrhea of grade two and three according to the multidimensional speech-scoring criteria questionnaire) who will declare their consent and fill in the consent form in the random blocks Two (intervention and control groups) were randomly assigned to the site www.Sealedenvelope.com. The block sequence structure was arranged in the form of an Excel file. Both individuals were assigned successively to a block in which the order of the groups was caught.

Blinding (investigator's opinion)

Double blinded

Blinding description

The present study is a double-blind clinical trial research; the researcher and intervention are unaware

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Iran University of Medical Sciences

Street address

No. 72,, Tavakol Ave.,Third Square of Tehranpars

City

Tehran

Province

Tehran

Postal code

1656848718

Approval date

2017-09-18, 1396/06/27

Ethics committee reference number

IR.IUMS.FMD.REC.1396.9411373008

Health conditions studied

1

Description of health condition studied

Primary dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary Dysmenorrhea

Primary outcomes

1

Description

The intensity of dysmenorrhea

Timepoint

Before and one and two months after the intervention, before and three hours after taking the medication

Method of measurement

Visual Analouge Scale

Secondary outcomes

1

Description

The duration of pain of Dysmenorrhea

Timepoint

Before and one and two months after the intervention,Before and three hours after taking the drug

Method of measurement

Intervention group: 500 mg Curcumin capsule, the first three days of menstruation for two cycles, twice doses a day

Intervention groups

1

Description
Intervention group: Intervention group: 500 mg Curcumin capsule, the first three days of menstruation for two cycles, one day two
Category
Treatment - Drugs

2

Description
Control group: A placebo capsule containing corn starch weighing about 10 grams carbohydrates (one serving of bread), twice a day for two months
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Iran University of Medical Sciences
Full name of responsible person
Naghmeh Shahbaztabari
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Hemat Road.,Iran University of Medical Sciences
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Iran University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
No more information
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available