

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Compare the effectiveness of betamethasone and lavender and peppermint in reducing the severity of symptoms in patients with eczema and psoriasis

Protocol summary

Study aim

1- Determining the severity of symptoms in patients with eczema after consuming lavender essential oil in doses of 1.4 and 8% 2- Determining the severity of symptoms in patients with psoriasis after consuming lavender essential oil in doses of 1.4 and 8% 3- Determining the severity of symptoms in patients with psoriasis after consuming peppermint essential oil in doses of 1.4 and 8% 4- Determining the severity of symptoms in patients with eczema after consuming peppermint essential oil in doses of 1.4 and 8%

Design

Clinical trial with control group, with parallel groups, three-way blind, randomized, phase 2 on 120 patients. Sealed envelopes were used for randomization.

Settings and conduct

Diagnosis will be made by a specialist. Lavender and peppermint essential oils are prepared in doses of 1.4, 8% and are given to the patient for topical use (twice a day) in the amount of 30 grams with Osrin base. Two weeks later, the reduction in symptoms is checked, and then the observations are recorded on the questionnaire. Patients, physicians, questioners, and data analysts associated with the study outcome are unaware of the codes associated with each formulation. The researcher is not involved in this process. The drugs were placed in envelopes and given to the doctor.

Participants/Inclusion and exclusion criteria

Exclusion criteria: Patients who have had a corticosteroid injection or have taken other oral or topical medications will be excluded.

Intervention groups

The receiving intervention group has developed a drug that includes placebo.

Main outcome variables

Improving the severity of symptoms is assessed in patients.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20100420003760N4**

Registration date: **2020-07-29, 1399/05/08**

Registration timing: **registered_while_recruiting**

Last update: **2020-07-29, 1399/05/08**

Update count: **0**

Registration date

2020-07-29, 1399/05/08

Registrant information

Name

Marzieh Rashidipour

Name of organization / entity

Lorestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 916 667 4776

Email address

m.rashidipour@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Lorestan University of Medical Sciences

Expected recruitment start date

2017-01-19, 1395/10/30

Expected recruitment end date

2022-02-20, 1400/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Compare the effectiveness of betamethasone and lavender and peppermint in reducing the severity of symptoms in patients with eczema and psoriasis

Public title

Compare the effectiveness of betamethasone and lavender and peppermint in reducing the severity of symptoms in patients with eczema and psoriasis

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Inclusion criteria: The study population of men and women over the age of 10 with eczema or psoriasis who have been referred to the nomadic hospital since the beginning of the fall of 2016 for one year.

Exclusion criteria:

Patients who have had a corticosteroid injection or have taken other oral or topical medications will be excluded.

Age

From **10 years** old to **90 years** old

Gender

Both

Phase

2

Groups that have been masked

- Participant
- Care provider
- Outcome assessor
- Data analyser

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Triple blinded

Blinding description

Patients, physicians, questioners, and data analysts associated with the study outcome are unaware of the codes associated with each formulation. The researcher is not involved in this process. The drugs were placed in envelopes and given to the doctor.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Lorestan University of Medical Sciences Ethics Committee

Street address

Lorestan university medical of sciences

City

Khorramabad

Province

Lorestan

Postal code

6814989468

Approval date

2016-12-26, 1395/10/06

Ethics committee reference number

LUMS.REC.1395.169

Health conditions studied**1****Description of health condition studied**

eczema and psoriasis

ICD-10 code

L40.9, L85

ICD-10 code description

Dry skin dermatitis, Psoriasis, unspecified

2**Description of health condition studied**

Psoriasis

ICD-10 code

L40.9, L85

ICD-10 code description

Dry skin dermatitis, Psoriasis, unspecified

Primary outcomes**1****Description**

scaly

Timepoint

0,7,14

Method of measurement

Questionnaire

2**Description**

painful

Timepoint

0,7,14

Method of measurement

Questionnaire

3**Description**

Itching

Timepoint

0,7,14

Method of measurement

Questionnaire

4

Description

skin lesions

Timepoint

0,7,14

Method of measurement

Questionnaire

5

Description

swelling

Timepoint

0,7,14

Method of measurement

Questionnaire

6

Description

redness of the skin

Timepoint

0,7,14

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Skin irritation

Timepoint

Days 1,7,14

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention group: receive the essential oil of *Lavendula officinalis* 3 % b.i.d Up to two weeks

Category

Treatment - Drugs

2

Description

Intervention group: receive the essential oil of *Lavendula officinalis* 5 % b.i.d Up to two weeks

Category

Treatment - Drugs

3

Description

Intervention group: receive the essential oil of *Lavendula officinalis* 7 % b.i.d Up to two weeks

Category

Treatment - Drugs

4

Description

Control group: receive Eucerin b.i.d Up to two weeks

Category

Placebo

5

Description

Control group: receive Betamethasone b.i.d Up to two weeks

Category

Treatment - Drugs

6

Description

Intervention group: receive the essential oil of *Menthe piperita* 5% b.i.d Up to two weeks

Category

Treatment - Drugs

7

Description

Intervention group: receive the essential oil of *Menthe piperita* 7 % b.i.d Up to two weeks

Category

Treatment - Drugs

8

Description

Intervention group: receive the essential oil of *Menthe piperita* 3% b.i.d Up to two weeks

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shohadaye Ashayer Hospital

Full name of responsible person

Marzieh Rashidipour

Street address

Lorestan University of Medical Sciences, Anooshirvan Rezaei Square, Khorramabad, Lorestan, Iran.

City

Khorramabad

Province

Lorestan

Postal code
6813833946
Phone
+98 66 3312 0172
Fax
+98 66 3312 0173
Email
m_rashidi80@yahoo.com
Web page address
<http://en.lums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Khoram-Abad University of Medical Sciences
Full name of responsible person
Dr.Ebrahim falahi
Street address
Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad,
City
Khorramabad
Province
Lorestan
Postal code
6813833946
Phone
+98 66 3312 0172
Fax
+98 66 3312 0173
Email
m_rashidi80@yahoo.com
Web page address
http://research.lums.ac.ir/index.php?module=web_directory&wd_id=4664

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Khoram-Abad 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

Full name of responsible person
Marzieh Rashidipour
Position
Assistant Professor
Latest degree
Ph.D.
Other areas of specialty/work
Environmental toxicology; Herbal medicine
Street address
Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad, Lorestan, Iran.
City
Khorramabad
Province
Lorestan
Postal code
6814989468
Phone
+98 66 3320 4005
Fax
Email
m_rashidi80@yahoo.com
Web page address
<http://lums.ac.ir/>

Person responsible for scientific inquiries

Contact

Name of organization / entity
Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad, Lorestan, Iran.
Full name of responsible person
Marzieh Rashidipour
Position
Search Results Web results Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Environmental toxicology; Herbal medicine
Street address
Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad, Lorestan, Iran.
City
Khorramabad
Province
Lorestan
Postal code
6814989468
Phone
+98 66 3312 0172
Fax
+98 66 3312 0173
Email
m_rashidi80@yahoo.com
Web page address
<http://en.lums.ac.ir/>

Person responsible for general inquiries

Contact

Name of organization / entity
Lorestan University of Medical Sciences

Person responsible for updating data

Contact

Name of organization / entity

Lorestan University of Medical Sciences

Full name of responsible person

Marzieh Rashidipour

Position

Search Results Web results Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Environmental toxicology; Herbal medicine

Street address

Lorestan University of Medical Sciences, Anooshirvan
Rezaei Square, Khorramabad, Lorestan, Iran.

City

Khorramabad

Province

Lorestan

Postal code

6814989468

Phone

+98 66 3312 0172

Fax

+98 66 3312 0173

Email

m_rashidi80@yahoo.com

Web page address

<http://en.lums.ac.ir/>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Only part of the data, such as information about the main consequence or similar, can be shared.

When the data will become available and for how long

Start the access period 18 months after printing the results.

To whom data/document is available

Data will only be available to researchers working at academic and scientific institutions.

Under which criteria data/document could be used

The data will only be used to inform the results of the study.

From where data/document is obtainable

Lorestan University of Medical Sciences.

What processes are involved for a request to access data/document

Refer to Lorestan University of Medical Sciences.

Comments