

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

26 Feb 2026

### The effect of Citrus aurantium aroma on sexual function in menopausal women

#### Protocol summary

##### Study aim

Determination of the effect of aromatherapy with essential oil of Citrus aurantium on the sexual function of postmenopausal women referring to health centers in Ahvaz city

##### Design

Randomized clinical trial, two blinded, has a control group, with a parallel group

##### Settings and conduct

This study will perform on menopause women referred to health centers. The intervention group 2 times (10 and 22 hours) in day and every time 2 drops of essential oil at a concentration of 5% for 4 consecutive days in a week, for 4 weeks on the skin of the forearm, to inhalation to Get 5 minutes at 30 centimeters. The control group also uses a placebo in the same way. In this study, participant and researcher blindness will be used.

##### Participants/Inclusion and exclusion criteria

Individuals should be allowed to enter the study who benefit most from the intervention. People who may be harmed by the intervention should not be included in the study.

##### Intervention groups

Intervention group with Citrus aurantium (intervention group): 2 times (10 and 22 hours) in day and every time 2 drops of essential oil at a concentration of 5% for 4 consecutive days in a week, for 4 weeks on the skin of the forearm, to inhalation to Get 5 minutes at 30 centimeters. Control group with Almond (control group): 2 times (10 and 22 hours) in day and every time 2 drops of essential oil at a concentration of 5% for 4 consecutive days in a week, for 4 weeks on the skin of the forearm, to inhalation to Get 5 minutes at 30 centimeters.

##### Main outcome variables

sexual function

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20160427027633N5**  
Registration date: **2019-04-17, 1398/01/28**  
Registration timing: **prospective**

Last update: **2019-04-17, 1398/01/28**

Update count: **0**

##### Registration date

2019-04-17, 1398/01/28

##### Registrant information

##### Name

Foruzan Sharifipour

##### Name of organization / entity

Kermanshah University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 83 3828 2101

##### Email address

f.sharifi@kums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2019-05-22, 1398/03/01

##### Expected recruitment end date

2019-07-23, 1398/05/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of Citrus aurantium aroma on sexual function in menopausal women

**Public title**

Effect of Citrus aurantium aroma on sexual function

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Insensitivity to Citrus aurantium and almond oil  
Earn a score of less than 28 in the Sexual Function Questionnaire  
Through at least one year since the last menstruation  
Not having a history of allergic rhinitis and known respiratory problems such as asthma  
The absence of physical and mental illness  
Non-occurrence of stressful incidents in the past six months  
Have enough literacy to fill out a questionnaire  
Non-use of drugs, tobacco and alcohol

**Exclusion criteria:**

the appearance of any physical and psychological illness during the study  
Living away from the spouse and causing unexpected stressors (divorce, death and travel)  
Incidence of side effects and sensitivity to essential oil during the study  
Failure to run the program for a maximum of one week during the study

**Age**

From **45 years** old to **65 years** old

**Gender**

Female

**Phase**

3

**Groups that have been masked**

- Participant
- Investigator

**Sample size**

Target sample size: **80**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Samples will be randomly assigned blocks with 6 blocks to two groups of intervention and control group. The sampling will be done in a non-probabilistic manner, so that from the beginning of the study, all individuals who qualify for entry criteria and it does not have exit criteria will be selected as a sample, and this will continue until it reaches the final sample size.

**Blinding (investigator's opinion)**

Double blinded

**Blinding description**

In this study, to hide the allocation of aromas (essence of Citrus aurantium) and placebo (Almond oil) Opaque envelopes sequentially numbered are used. Each envelope contains a glass of essence of Citrus aurantium or placebo. Medications were placed on the envelope in the randomized allocation sequence by the person not involved in the study. Investigating individuals to study and delivering envelopes are done by the researcher himself from Nos. 1 to 80. In this study, blindness is not possible for the participant. Therefore, in this study, researcher and data analyzer blindness (lack of knowledge of the subject code) will be used, so the study will be double-blind.

**Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

کمیته اخلاق دانشگاه علوم پزشکی جندی شاپور اهواز

**Street address**

Golestan Blvd

**City**

Ahvaz

**Province**

Khouzestan

**Postal code**

61357-15794

**Approval date**

2019-04-13, 1398/01/24

**Ethics committee reference number**

IR.AJUMS.REC.1398.020

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

sexual function

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

sexual function

**Timepoint**

Before and after the end of the intervention period

**Method of measurement**

Female Sexual Function Index

**Secondary outcomes****1****Description**

Complications

**Timepoint**

During the intervention

**Method of measurement**

Questionnaire made by the researcher

## Intervention groups

### 1

#### Description

Intervention group(Intervention group with Citrus aurantium): 2 times (10 and 22 hours) in day and every time 2 drops of essential oil at a concentration of 5% for 4 consecutive days in a week, for 4 weeks on the skin of the forearm, to inhalation to Get 5 minutes at 30 centimeters.

#### Category

Rehabilitation

### 2

#### Description

Control group (control group with Almond): 2 times (10 and 22 hours) in day and every time 2 drops of essential oil at a concentration of 5% for 4 consecutive days in a week, for 4 weeks on the skin of the forearm, to inhalation to Get 5 minutes at 30 centimeters.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

17 Shahrivar Health Center

##### Full name of responsible person

foruzan sharifipour

##### Street address

Golestan Blvd

##### City

Ahvaz

##### Province

Khuzestan

##### Postal code

61357-15794

##### Phone

+98 61 3333 5368

##### Email

sharifipour\_fr91@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Ahvaz University of Medical Sciences

##### Full name of responsible person

Zahra abbaspoor

##### Street address

Golestan Blvd

##### City

Ahvaz

##### Province

Khuzestan

##### Postal code

61357-15794

##### Phone

+98 61 3333 5368

##### Email

abbaspoor-z@ajums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Ahvaz University of Medical Sciences

#### Proportion provided by this source

60

#### 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

##### Name of organization / entity

Ahvaz University of Medical Sciences

##### Full name of responsible person

Foruzan Sharifipour

##### Position

Ph.D. student of midwifery

##### Latest degree

Master

##### Other areas of specialty/work

Midwifery

##### Street address

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##### Province

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##### Phone

+98 61 3333 5368

##### Email

sharifipour\_fr91@yahoo.com

## Person responsible for scientific inquiries

#### Contact

##### Name of organization / entity

Ahvaz University of Medical Sciences

##### Full name of responsible person

Zahra Abbaspoor

##### Position

Associate professor

##### Latest degree

Ph.D.

**Other areas of specialty/work**

Midwifery

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**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Foruzan Sharifipour

**Position**

Ph.D. student of midwifery

**Latest degree**

Master

**Other areas of specialty/work**

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**Email**

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**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

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

**Study Protocol**

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

**Statistical Analysis Plan**

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

**Informed Consent Form**

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

**Clinical Study Report**

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

**Analytic Code**

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

**Data Dictionary**

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