

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of Supplementation with Curcuminoids on the Menstrual problems, Severity of Premenstrual Syndrome and Dysmenorrhea; A randomized triple-blind clinical trial

Protocol summary

Study aim

Evaluation of the effect of curcumin on menstrual pattern on severity of premenstrual syndrome and severity of dysmenorrhea

Design

This controlled randomized, triple-blind clinical trial will be conducted on 148 female students of Birjand University of Medical Sciences residing in girls' dormitories. The researcher, patients and statistical analyst were not aware of the type of drug used.

Settings and conduct

Location: Cellular and molecular research center, Birjand University of Medical Sciences, Birjand, Iran The researcher, patients, and statistical analysts were not aware of the type of drug used, and both drugs were produced in identical forms with A and B codes. The study will performed on patients with dysmenorrhea and PMS (n = 174). Intervention group (n = 74), received curcuminoid (500 mg / day); and control group (n = 74) received placebo containing 500 mg corn starch, Seven days before the onset of bleeding, up to three days thereafter, for three succesfull menstrual cycles.

Participants/Inclusion and exclusion criteria

Inclusion criteria: diagnosis of dysmenorrhea and PMS, being single, 18-30 years old, BMI between 19-25. Exclusion criteria: having any acute or chronic illness, as well as having any gynecological disease, abnormal pelvic anatomy, ovulation or abnormal patterns of uterine bleeding.

Intervention groups

1)intervention groups received curcuminoid (n = 74) 2) control groups received placebo (n = 74)

Main outcome variables

Menstrual pattern; severity of premenstrual syndrome and dysmenorrhea

General information

Reason for update

Acronym

طرح کورکومین

IRCT registration information

IRCT registration number: **IRCT20191112045424N1**

Registration date: **2020-01-23, 1398/11/03**

Registration timing: **prospective**

Last update: **2020-01-23, 1398/11/03**

Update count: **0**

Registration date

2020-01-23, 1398/11/03

Registrant information

Name

Afsane Bahrami

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 56 3238 1569

Email address

Afsbahrami91@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-25, 1398/11/05

Expected recruitment end date

2020-03-15, 1398/12/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Supplementation with Curcuminoids on the Menstrual problems, Severity of Premenstrual Syndrome and Dysmenorrhea; A randomized triple-blind clinical trial

Public title

The effect of curcuminoids on menstrual disorders

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Simultaneous diagnosis of premenstrual syndrome and primary dysmenorrhea Being single BMI between 19 and 25 Ages 18-25 years Informed consent to participate in the project

Exclusion criteria:

Acute or chronic illness during study The occurrence of a traumatic event such as the death of a relative during the study Marriage during study

Age

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

Gender

Female

Phase

3

Groups that have been masked

- Participant
- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size

Target sample size: **148**

More than 1 sample in each individual

Number of samples in each individual: **2**

Serum, urine

Randomization (investigator's opinion)

Randomized

Randomization description

After careful examination of those with dysmenorrhea and PMS, these individuals are identified and assigned a number ranging from 1 to 148. Then, from numbers 1 through 148, 74 are selected using the random number table, and individuals are assigned to drug A. Then the remaining 74 people receive B medicine

Blinding (investigator's opinion)

Triple blinded

Blinding description

This is a randomized triple-blind controlled clinical trial Initially, the pharmaceutical company determined drug and placebo with two types of A and B codes, and the researcher, patients, and statistical analysts did not know whether A or B was a drug or a placebo. Then, patients were randomly assigned to either group A or group B by random selection. Therefore, the researcher, patients and statistical analyst are kept blind until the end of the study

Placebo

Used

Assignment

Single

Other design features

None

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

National Ethics Committee In Biomedical Research

Street address

Birjand, Ghaffari Street

City

Birjand

Province

South Khorasan

Postal code

9717853577

Approval date

2019-07-15, 1398/04/24

Ethics committee reference number

IR.BUMS.REC.1398.160

Health conditions studied

1

Description of health condition studied

Having both premenstrual syndrome and dysmenorrhea

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

People with premenstrual syndrome and dysmenorrhea

Timepoint

Before intervention, 3 months later

Method of measurement

Premenstrual Syndrome severity questionnaire, digital barometer, digital scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: (n=74) reception of curcuminoids

(500 mg/day), for seven days before the start of bleeding until three days after that for three menstrual cycles

Category

Treatment - Drugs

2**Description**

Control group: reception of placebo that resembles curcumin capsules in shape, color and size but contains 500 mg of corn starch, for seven days before the start of bleeding until three days after that for three menstrual cycles

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Cellular and Molecular Research Center

Full name of responsible person

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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

Birjand 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****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

Afsane Bahrami

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Genetics

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Person responsible for updating data

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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