

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

The effect of *Elaeagnus angustifolia* flower essential oil inhalation on the sexual function of women in reproductive age

Protocol summary

Study aim

determination of *Elaeagnus angustifolia* flower essential oil inhalation on the sexual function of women in reproductive age

Design

Clinical trial with control group, randomized, three groups

Settings and conduct

This study will be done on women referring to health centers and university hospitals (Imam Reza Hospital of Mashhad). Intervention group 1 is asked to mask 2-3 drops of essential oil three times a day for 4 weeks and inhale for 20 minutes each time. For intervention group 2, the same product should be prescribed 20 minutes before sexual intercourse. The control group received a pamphlet on sexual function at the end of the study. At the end of week 4, patients will be asked to come in person and the Female Sexual Function Index (FSFI) questionnaire will be completed.

Participants/Inclusion and exclusion criteria

Inclusion entrance: sexual function score (FSFI) less than 28; no olfactory disorder
Exclusion criteria: Sexual dysfunction in spouse; pregnancy and lactation; Drugs affecting sexual function by self or spouse; medical illnesses affecting sexual function in woman and her husband

Intervention groups

Intervention group: Intervention group 1 is asked to mask 2-3 drops of essential oil three times a day for 4 weeks and inhalation for 20 minutes each time. For intervention group 2, 2-3 drops of the same product should be prescribed 20 minutes before sexual intercourse.

Main outcome variables

Sexual Function Score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191203045589N1**

Registration date: **2020-02-15, 1398/11/26**

Registration timing: **registered_while_recruiting**

Last update: **2020-02-15, 1398/11/26**

Update count: **0**

Registration date

2020-02-15, 1398/11/26

Registrant information

Name

Behnaz Jafari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 3712 0246

Email address

jafarib961@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-01-21, 1398/11/01

Expected recruitment end date

2020-04-20, 1399/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of *Elaeagnus angustifolia* flower essential oil inhalation on the sexual function of women in reproductive age

Public title

Elaeagnus angustifolia flower essential oil on sexual function

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Sexual function score less than 28 No disorder sense of smell

Exclusion criteria:

partner sexual dysfunction Pregnancy and lactation Taking drugs that affect one's sexuality by his or her husband Known medical conditions affecting sexual function in a woman and her husband common cold

Age

From **18 years** old to **45 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **99**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, will use a randomized blocking method, Using triple blocks (ABC (1) - ACB (2) - BAC (3) - BCA (4) - CAB (5) so that A first intervention group, B Second intervention group And C will be the control group

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Biomedical Research of School of Nursing and Midwifery, Mashhad University of Me

Street address

Daneshgah street

City

Mashhad

Province

Razavi Khorasan

Postal code

13944-91388

Approval date

2019-11-12, 1398/08/21

Ethics committee reference number

IR.MUMS.NURSE.REC.1398.071

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

sexual dysfunction

ICD-10 code

F52

ICD-10 code description

Sexual dysfunction not due to a substance or known physiological condition

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

Sexual Function Score

Timepoint

primary and fourth week

Method of measurement

Female sexual function index questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: People in this group were asked to pour 2-3 drops of essential oil on the mask for 4 weeks, three times a day, and inhale it every 20 minutes.

Category

Treatment - Drugs

2**Description**

Intervention group: People in this group are asked for 4 weeks 2-3 drops of essential oil 20 minutes before sexual intercourse on the mask and inhale for 20 minutes.

Category

Treatment - Drugs

3**Description**

Control group: received a pamphlet on sexual function at the end of the study

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان امام رضا مشهد

Full name of responsible person

راحله بابازاده

Street address

School of Nursing and Midwifery, daneshgah street,
Mashhad, Iran

City

mashhad

Province

Razavi Khorasan

Postal code

9137913199

Phone

+98 51 3859 1511

Email

Babazadehr@mums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Dr. Bahraini

Street address

School of Nursing and Midwifery, daneshgah street,
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City

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9137913316

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Email

jafarib961@mums.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Mashhad 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

Mashhad University of Medical Sciences

Full name of responsible person

Raheleh Babazadeh

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Midwifery

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School of Nursing and Midwifery, daneshgah street,
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Person responsible for scientific inquiries

Contact

Name of organization / entity

Mashhad University of Medical Sciences

Full name of responsible person

Raheleh Babazadeh

Position

Assistant 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

Mashhad University of Medical Sciences

Full name of responsible person

Behnaz jafari

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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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

Yes - There is a plan to make this available

Title and more details about the data/document

Data will be shared after it is unrecognizable

When the data will become available and for how long

6 month after the results were recorded

To whom data/document is available

All researchers

Under which criteria data/document could be used

All women with sexual dysfunction

From where data/document is obtainable

Email jafarib961@mums.ac.ir Mashhad School of
Nursing Library Address: Mashhad. daneshgah street

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

First, she requested an email And if not responding up to
one week can refer to Mashhad School of Nursing Library

Comments