

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome in Rafsanjan

Protocol summary

Summary

The aim of this study was to determine the effect of aromatherapy with geranium on premenstrual syndrome in students living in dormitory. In this study, 120 students who have five signs of PMS are randomly assigned into three groups (two interventions and a control group) to receive massage with 2%geraniumin almond oil, massage with almond oil only, or no intervention. Method of effleurage massage is teaching to the participants and 30 minutes massage will be done once a week for 8 weeks. During treatment, daily symptom form are completed and results are compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110304892N2**
Registration date: **2011-12-21, 1390/09/30**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2011-12-21, 1390/09/30

Registrant information

Name

Seyedeh Maryam Lotfipur Rafsanjani

Name of organization / entity

Rafsanjan University of Medical Sciences and Health

Country

Iran (Islamic Republic of)

Phone

+98 39 1322 0472

Email address

maryam_lotfipur@yahoo.com

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2011-11-06, 1390/08/15

Expected recruitment end date

2012-03-05, 1390/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome in Rafsanjan

Public title

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Students who live in dormitory, Menstrual interval 21-35 days, no consumption of antidepressant, no history of hormone therapy or vitamins consumption over 3 months prior to the study, diagnosis of premenstrual syndrome Exclusion criteria: presence of any olfactory system disorder, failure to receive treatment more than two sessions, use of new drugs that effect treatment

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 120

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences

Street address

Central Organization of Rafsanjan University of Medical Sciences, Imam Ali Boulevard

City

Rafsanjan

Postal code

Approval date

2011-10-12, 1390/07/20

Ethics committee reference number

9/20/684

Health conditions studied

1

Description of health condition studied

Premenstrual Syndrome

ICD-10 code

N94.3

ICD-10 code description

Premenstrual Syndrome

Primary outcomes

1

Description

Premenstrual syndrome

Timepoint

2 months

Method of measurement

Daily Symptom Questionnaire

Secondary outcomes

1

Description

Treatment Costs

Timepoint

2 Months

Method of measurement

Questionnaire

2

Description

Adverse effects

Timepoint

2 Months

Method of measurement

questionnaire

Intervention groups

1

Description

First group: Massage with geranium 2% at the base of sweet almond oil - 30 minutes, once a week for 8 weeks

Category

Treatment - Drugs

2

Description

Second group: Massage with Sweet Almond oil alone - 30 minutes, once a week for 8 weeks

Category

Treatment - Drugs

3

Description

Control group: No Treatment

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan University of Medical Sciences, Students Dormitory

Full name of responsible person

Seyede Maryam Lotfipour

Street address

Nursing and Midwifery Faculty

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr Reza Vazirinejad

Street address

Central Organization of Rafsanjan University of
Medical Sciences, Imam Ali Boulevard

City

Rafsanjan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Rafsanjan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Seyede Maryam Lotfipur

Position

Ms

Other areas of specialty/work

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Position

Other areas of specialty/work

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City

Postal code

Phone

Fax

Email

Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty