Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of aromatherapeutic effect of Jasmine and Clary sage oils on sexual dysfunction of women of reproductive age

Protocol summary

Study aim
Comparison of aromatherapeutic effect of Jasmine and Clary sage oils on Sexual dysfunction of women of reproductive age in Rafsanjan, 1400

Design
A randimized controlled clinical trial with parallel groups, three blinded

Settings and conduct
Sampling will be done from Health Center No. 1 in Rafsanjan. Oils are received from the company under the letters B, A and C. Samples, researcher and statistical consultant of oil type will be unaware. Sexual function score is measured before the intervention, if it is less than 28, the person is included in the study and is randomly placed in one of 4 groups. If you are in the intervention and placebo groups, oil is given to the sample for aromatherapy and after 6 weeks, 4 groups complete the questionnaire again.

Participants/Inclusion and exclusion criteria
Entry: Iranian nationality, Monogamy, range of reproductive ages, sexual dysfunction, having at least once in Vaginal intercourse week. No entry: pregnancy and Breastfeeding, use of any drug affecting the sexual response, use of drugs in the couple, mental problems or systemic diseases known to affect sexual function in the couple, olfactory and other nasal disorders, gastrointestinal disorders such as nausea, vomiting Following the inhalation of different scents, obvious and important interpersonal problems between husband and wife, history of allergy to the studied oils, obvious vaginal infection

Intervention groups
The intervention groups of Jasmine, Clary sage oil and placebo group applied 2 drops of sweet Almond oil 2 times a day, 2 times a day (morning after waking up and night before going to bed) on the back of the upper lip (under the nose) and refuse to wash their face for at least 20 minutes. This process continues for 6 weeks and the control group does not receive any intervention.

Main outcome variables
Status of sexual dysfunction with aromatherapy of Jasmine and Clary sage

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20160308026971N13**
Registration date: **2022-01-29, 1400/11/09**
Registration timing: **prospective**

Last update: **2022-01-29, 1400/11/09**
Update count: **0**

Registration date
2022-01-29, 1400/11/09

Registrant information

Name
Marzeyeh Loripoor

Name of organization / entity
Rafsanjan University Medical Science

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-02-20, 1400/12/01

Expected recruitment end date
2022-06-22, 1401/04/01

Actual recruitment start date
empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of aromatherapeutic effect of Jasmine and Clary sage oils on sexual dysfunction of women of reproductive age

Public title
Comparison of the effect of aromatherapy with Jasmine and Clary sage oils on sexual dysfunction
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
Iranian nationality Monogamy Be in the range of reproductive ages (15 to 45 years) Existence of sexual dysfunction (according to the score obtained from the questionnaire, score less than 28) Having vaginal sex at least once a week
Exclusion criteria:
Pregnancy and Breastfeeding Use of any drug that affects a person's sexual response Drug use in couples Existence of known psychological problems or systemic diseases affecting sexual function in the couple according to the individual (cardiovascular disease, diabetes, lower urinary tract symptoms, rheumatoid arthritis, urinary incontinence, anxiety, obsession and depression) Existence of olfactory disturbance and other disorders related to the nose according to the individual Existence of digestive disorders such as nausea, vomiting following inhalation of various odors Existence of obvious and important interpersonal problems between husband and wife, according to the wife History of allergies to the studied oils Existence of obvious vaginal infection according to the person's own statement
Age
From **15 years** old to **45 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: **168**
Randomization (investigator's opinion)
Randomized
Randomization description
Individuals are assigned randomly using a random number table, and used to hide consecutive opaque envelopes numbered from 1 to 168. After random allocation, eligible individuals will be placed in one of four groups of aromatherapy with Jasmine, Clary sage, placebo (Sweet almond) or control.
Blinding (investigator's opinion)
Triple blinded
Blinding description
The oils under study are blinded by the company and delivered with the letters B, A and C by the research team and given to women of Reproductive age by a researcher or colleague. Questionnaires and checklists with codes C, B, A and D will be provided to participants. The completed questionnaires will be provided to the statistical consultant for analysis and thus the participants, researcher, colleague and statistical consultant are unaware of the type of oil and the study will be of the three blind type.
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Rafsanjan University of Medical Sciences
Street address
No. 7, Alley 11, Kargar Ave
City
Rafsanjan
Province
Kerman
Postal code
7716857685
Approval date
2022-01-10, 1400/10/20
Ethics committee reference number
IR.RUMS.REC.1400.229

Health conditions studied

1

Description of health condition studied
Sexual disorder
ICD-10 code
F66
ICD-10 code description
Other sexual disorders

Primary outcomes

1

Description

Sexual dysfunction score

Timepoint

Before the intervention, the end of the intervention

Method of measurement

Female Sexual Function Index (FSFI) questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

First intervention group: 2 drops 2 times a day on the back of the upper lip (under the nose) as an aromatherapy of Clary sage oil 45% with sweet almond oil base for 6 weeks, prepared from the shoot (steam distillation of buds and leaves Plant) by Bain-marie method, made by Dr. Oil Company of Isfahan.

Category

Treatment - Drugs

2

Description

Second intervention group: 2 drops 2 times a day on the back of the upper lip (under the nose) as an aromatherapy of jasmine flower oil 50% with sweet almond oil base for 6 weeks, prepared from the plant flower by Bain-marie method, made by Dr. Oil Company of Isfahan.

Category

Treatment - Drugs

3

Description

Third intervention group (placebo): 2 drops 2 times a day on theback of the upper lip (under the nose) as an aromatherapy of sweet almond oil for 6 weeks, prepared from the brain (squeezing and oiling) by cold press method, made by Dr. Oil Company of Isfahan.

Category

Treatment - Drugs

4

Description

Control group: Failure to receive intervention. Complete the questionnaire twice 6 weeks apart.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Comprehensive health services center No. 1 of Rafsanjan city

Full name of responsible person

Zahra Hajabdollahi

Street address

No. 7, Alley 11, Kargar Ave

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Marzeyeh Loripoor

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Central Organization of Rafsanjan University of Medical Sciences and Health Services, Vice Chancellor for Research and Technology, Imam Ali Blvd.

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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

Rafsanjan 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

Rafsanjan University of Medical Sciences

Full name of responsible person
Marzeyeh Loripoor
Position
Associate Professor
Latest degree
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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