

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 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 randomized 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)

Phone

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Email address

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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 the back 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

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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

Street address

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

Ph.D.

Other areas of specialty/work

Midwifery

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Person responsible for updating data**Contact****Name of organization / entity**

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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