

# 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

+98 34 3428 4950

##### Email address

m.loripoor@rums.ac.ir

##### 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

**Street address**

No. 7, Alley 11, Kargar Ave

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z.hajabdollahi22@gmail.com

**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.

**City**

Rafsanjan

**Province**

Kerman

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**Email**

alishamsy@gmail.com

**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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Kerman

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Position**

Assistant Professor

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Ph.D.

**Other areas of specialty/work**

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

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Marzeyeh Loripoor

**Position**

Associate Professor

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Ph.D.

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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