

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jun 2026

The effect of heat and vibration on primary dysmenorrhea among students of Gorgan Islamic Azad University

Protocol summary

Summary

The aim of this study was to investigate the effect of heat and vibration on primary dysmenorrhea among students of Gorgan Islamic Azad University. In this clinical trial 75 female students, aged 18-22 years old from Gorgan Islamic Azad University, participated. Each subject evaluated for two menstrual cycles. At first cycle the participants received the routine pain-relief method. At the second cycle each of them applied combined heat-vibration device for ten minutes during menstrual pain. The data collected using questionnaire and pain Visual Analog Scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201102195866N1**
Registration date: **2011-10-10, 1390/07/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-10-10, 1390/07/18

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 1443 0360

Email address

sanagoo@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Young researchers club, Science and Research Branch, Islamic Azad University

Expected recruitment start date

2007-10-10, 1386/07/18

Expected recruitment end date

2008-06-10, 1387/03/21

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of heat and vibration on primary dysmenorrhea among students of Gorgan Islamic Azad University

Public title

The effect of heat and vibration on primary dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having dysmenorrhea Exclusion criteria: Cardiovascular disease, severe Anemia, chronic headache, previous pelvic surgery, secondary dysmenorrhea and marriage

Age

From **9 years** old to **50 years** old

Gender

Female

Phase

0

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Crossover

Other design features**Secondary Ids**

empty

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

Golestan University of Medical Sciences

Street address

Golestan University of Medical Sciences

City

Gorgan

Postal code**Approval date**

2007-08-23, 1386/06/01

Ethics committee reference number

23-6-86 941 م پ

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

Dysmenorrhea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

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

Pain intensity

Timepoint

Monthly

Method of measurement

Pain Mesurment Ruler

Secondary outcomes

empty

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

At the second cycle each of them applied combined heat-vibration device for ten minutes during menstrual pain.

Category

Treatment - Devices

2**Description**

No intervention at first menstrual cycle

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Gorgan Azad University

Full name of responsible person

Akram Sanagoo

Street address

Golestan University of Medical Sciences, Bouyeh School of Nursing & midwifery, Shastkola Road, Gorgan,

City

Gorgan

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Young researchers club, Science and Research Brach Islamic Azad University

Full name of responsible person

Dr Akram Sanagoo

Street address

Young researchers Club, Science and Research Brach Islamic Azad University

City

Gorgan

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

Yes

Title of funding source

Young researchers club, Science and Research Brach Islamic Azad University

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

Golestan University of Medical Sciences

Full name of responsible person

Akram Sanagoo

Position

Faculty member

Other areas of specialty/work

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Person responsible for updating data

Contact

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