

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jun 2026

The effect of Agnugol on painful symptoms of endometriosis and quality of life: a randomized clinical trial

Protocol summary

Study aim

The effect of Agnugol on painful symptoms of endometriosis and quality of life

Design

a clinical trial with a control group, parallel groups, triple blind, randomized by block method, phase3, on 70 patients

Settings and conduct

The place of research in this study is a doctor's office specializing in gynecological diseases in Tabriz city. A written informed consent will be obtained and a questionnaire of painful menstrual symptoms and quality of life specific to patients with endometriosis will be completed before allocation into groups. Then, the participants will be randomized using a random block method with a block size of four and with an allocation ratio of 1:1. They will be assigned to two groups of intervention (recipient of Agnugol tablets) and control (recipient of placebo). Allocation sequence will be done by someone not involved in sampling and data collection. Agnugol and placebo tablets will be prepared by Gol Daru pharmaceutical company in a completely similar way. This study is a three-way blind trial in which the researcher, the participant and the analyst will not know which group the person is in.

Participants/Inclusion and exclusion criteria

inclusion women with endometriosis women in the age range of 18-49 women married and sexually active woman exclusion taking anti-inflammatory and hormonal drugs allergy to medicinal plants of the lamiaceae suffering from digestive diseases

Intervention groups

For the intervention group, Agnugol tablet with a dose of 3.2 - 4.8mg and for the control group, placebo with the same dose will be given twice a day for 8 weeks.

Main outcome variables

8 weeks after the start of the intervention, participants will complete again painful menstrual symptoms and quality of life specific to patients with endometriosis.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180404039187N11**

Registration date: **2023-07-29, 1402/05/07**

Registration timing: **registered_while_recruiting**

Last update: **2023-07-29, 1402/05/07**

Update count: **0**

Registration date

2023-07-29, 1402/05/07

Registrant information

Name

Elnaz Shaseb

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 1337 2250

Email address

shasebe@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-21, 1402/02/01

Expected recruitment end date

2023-09-21, 1402/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Agnugol on painful symptoms of endometriosis and quality of life: a randomized clinical trial

Public title

The effect of Agnugol on painful symptoms of endometriosis and quality of life

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Women with endometriosis whose disease has been diagnosed based on clinical symptoms and imaging (sonography) as well as previous documented evidence of endometriosis. Women with symptomatic endometriosis. Women who are in the age range of 18-49 years. They have not taken anti-inflammatory or hormonal drugs in the last three months. Don't have endometrial hypoplasia or neoplasia. Women who are married and sexually active.

Exclusion criteria:

Women who are allergic to medicinal plants, especially the Lamiaceae family. Women suffering from gallstones, jaundice due to biliary obstruction and acute biliary colic. Women with digestive diseases. Women who suffer from inflammatory diseases or diseases associated with immune system defects such as rheumatoid arthritis, lupus, multiple sclerosis, etc.

Age

From **18 years** old to **49 years** old

Gender

Female

Phase

3

Groups that have been masked

- Participant
- Investigator
- Data analyser

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

The participants will be assigned to two groups of intervention (recipient of Agnugol tablets) and control (recipient of placebo) by random block method with the size of blocks of four and with allocation ratio of 1:1. Allocation sequence will be done by someone not involved in sampling and data collection. Arrangement of the randomization process: 1) Determining the volume of each block (quadruple blocks) 2) Preparing the list of the blocks and assigning a number to each of them AABB(1) ABAB(2) ABBA(3) BBAA(4) BABA(5) BAAB(6) 3) Choosing random numbers between 1 and 6 4) Defining the treatment assignment list For example: AABB(1)_BBAA(4)_ABAB(2)_BABA(5)

Blinding (investigator's opinion)

Triple blinded

Blinding description

This study is a three -way blind trial in which the researcher, the participant and the analyst will not know

each group the person is in. The participant will be assigned to two intervention groups(recipients of Agnugol) and control groups(recipients of placebo). Allocation sequence will be done by someone not involved in sampling and data collection. to conceal the allocation, the drug and placebo will be numbered and packed in the same container and consecutively. At the researcher level, blindness will be done as the researcher give the medicine to patients on the basis of label A or B without knowing the nature of A, B and according to the randomized list. At the patient's level, blindness will be done as the patients do not know in which group (control or intervention group) they are in. At the analyst level, blindness will be done as analyst will analyze the data without knowing the intervention and control group.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Tabriz university of medical sciences

Street address

Research and technology dept, central building No.2, third floor, tabriz university of medical sciences, golasht St, tabriz

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Approval date

2022-11-01, 1401/08/10

Ethics committee reference number

IR.TBZMED.REC.1401.696

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

endometriosis

ICD-10 code

N74.8

ICD-10 code description

Female pelvic inflammatory disorders in other diseases classified elsewhere

Primary outcomes

1

Description

quality of life of endometriosis patients

Timepoint

before investigation and 8 weeks after investigation

Method of measurement

questionnaire 30-EHP

2

Description

symptoms of pelvic pain and gynecology

Timepoint

before investigation and 8 weeks after investigation

Method of measurement

questionnaire ENDOPAIN-4D

Secondary outcomes

1

Description

pain

Timepoint

the first 3 days of the next 3 menstrual cycles

Method of measurement

VAS ruler

Intervention groups

1

Description

Agnugol tablet recipient at a dose of 3.2-4.8 mg once a day for 8 weeks

Category

Treatment - Drugs

2

Description

placebo tablet recipient at the same dose and appearance once a day for eight weeks

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra Hospital

Full name of responsible person

Elnaz Shaseb

Street address

Alzahra hosoidal, Southern Artesh Ava.,Baghshomal
Crossroad

City

Tabriz

Province

East Azarbaijan

Postal code

5138663134

Phone

+98 41 3553 9161

Email

alzahra@mui.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Parviz Shahabi

Street address

No. 2, Central Building, Tabriz University of Medical
Sciences, Golgasht Ave., Azadi Ave.

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Phone

+98 41 3335 5921

Email

parvizshahabi@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Elnaz Shaseb

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

Street address

Faculty of Pharmacy, Tabriz University of Medical Sciences, Golegasht Ave., Azadi Ave

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Phone

+98 41 3335 5921

Email

elnaz_shaseb_64@yahoo.com

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

Tabriz University of Medical Sciences

Full name of responsible person

Elnaz Shaseb

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Medical Pharmacy

Street address

Faculty of Pharmacy, Tabriz University of Medical Sciences, Golegasht Ave., Azadi Ave

City

Tabriz

Province

East Azarbaijan

Postal code

5166614766

Phone

+98 41 3335 5921

Email

elnaz_shaseb_64@yahoo.com

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

Tabriz University of Medical Sciences

Full name of responsible person

Saba Karimian

Position

student

Latest degree

Medical doctor

Other areas of specialty/work

Medical Pharmacy

Street address

pharmacy faculty of tabriz medical university, golegasht St, azadi avenue, tabriz

City

tabriz

Province

East Azarbaijan

Postal code

5166614766

Phone

+98 41 3381 0125

Email

sabakarimian97@gmail.com

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