Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of lavender aromatherapy on primary dysmenorrhea in students of Tehran University of Medical Sciences dormitories

Protocol summary

Summary

The purpose of this study was the effect of aromatherapy on Symptoms of Dysmenorrhea and amount of bleeding of menstrual cycles in female students with primary dysmenorrheain. The study was a randomized trial. The subjects were 96 female students who that they suffered from level 2 and 3 dysmenorrhea and had no systemic or reproductive diseases, and who did not use contraceptive drugs. Subjects were randomized into Two groups: (1) an experimental group who received aromatherapy with lavender (2) a placebo group .Aromatherapy was applied in the form inhalation with using five drops of lavender in sesame oil. The placebo group received the same treatment but with sesame oil only. Each participant was monitored during 4 menstrual periods. During the first and second periods participants documented their own Severity of dysmenorrhea without any intervention applied.During the third and forth period, one of the two applications (placebo or aromatherapy) was applied.Following each application, the severity of dysmenorrhea and dysmenorrhea symptoms were measured. After the intervention, the levels of dysmenorrhea were measured for each group on the first,second and Third days of the third and forth menstruation period .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105086412N1**
Registration date: **2012-08-25, 1391/06/04**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-08-25, 1391/06/04

Registrant information

Name

Ziba Raisi Dehkordi

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5648

Email address

zibard@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2011-05-22, 1390/03/01

Expected recruitment end date

2011-09-23, 1390/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender aromatherapy on primary dysmenorrhea in students of Tehran University of Medical Sciences dormitories

Public title

The effect of lavender aromatherapy on primary dysmenorrhea in students of Tehran University of Medical Sciences dormitories

Purpose

Treatment

Inclusion/Exclusion criteria

The selection criteria were: The risk of dysmenorrhea according to menstrual history; history from level 2 and 3

dysmenorrhea; no systemic disease or disease of the genital organs; no use of contraceptives; being single; had a normal sense of smell; None allergies to fragrances; regular menstrual cycles, had not been using analgesics to overcome dysmenorrhea.The exclusion criterion was allergy to lavender.

Age
No age limit

Gender
Female

Phase
2

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Triple blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Tehran University of Medical Sciences

Street address
Keshavarz BLD, Ghods street, Central building of Tehran University of Medical Sciences

City
Tehran

Postal code
88987381

Approval date
2010-12-22, 1389/10/01

Ethics committee reference number
90/130/521/د

Health conditions studied

1

Description of health condition studied
Primary dysmenorrhoea

ICD-10 code
n94/4

ICD-10 code description
Pain and other conditions associated with female genital organs and menstrual cycle

Primary outcomes

1

Description
Primary dysmenorrhoea

Timepoint
Two months before the intervention and Two months after the intervention

Method of measurement
Multidimensional questionnaires grading scales and VAS scale

Secondary outcomes

1

Description
vomiting, nausea,,Tierdness/dizziness, Diarrhea, Mood change, Faint and Hot flushing and amount bleeding

Timepoint
2 month befor intervention and 2 month after intervention

Method of measurement
questionnaire

Intervention groups

1

Description
experimental group, Aromatherapy was applied in the form inhalation with using five drops of lavender in sesame oil. for 3 minutes every 6 hours, for two period, one day before the start of menstruation and continuing until the third day of menstruation.

Category
Treatment - Drugs

2

Description
placebo group, Aromatherapy was applied in the form inhalation with using five drops of lavender in sesame oil. for 3 minutes every 6 hours, for two period, one day before the start of menstruation and continuing until the third day of menstruation.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Girls Dormitory

Full name of responsible person
Ziba Raisi Dehkordi

Street address
Keshavarz BLD, Ghods street
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Tehran University of Medical Sciences
Full name of responsible person
Abbas Hoshmand Behabadi
Street address
Tehran
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Tehran University of Medical Sciences
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
Tehran University of Medical Scinces
Full name of responsible person
Ziba Raisi Dehkordi
Position
Tehran
Other areas of specialty/work
Street address
Tehran
City
Nosrat ST, Tohid Sq, Faculty of Nursing and Midwifery
Postal code
00989123906609
Phone
+98 21 6692 7171
Fax
Email
zibard@skums,ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Scinces
Full name of responsible person
Ziba Raisi Dehkordi
Position
post graduate student
Other areas of specialty/work
Street address
Nosrat ST. Tohid SQ, Faculty of Nursing and Midwifery
City
TEhran
Postal code
00989123906609
Phone
+98 21 6692 7171
Fax
Email
zibard@skums.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ziba Raisi Dehkordi
Position
post graduate student
Other areas of specialty/work
Street address
Nosrat ST.Tohid SQ, Faculty of Nursing and Midwifery
City
Tehran
Postal code
00989123906609
Phone
+98 21 6692 7171
Fax
Email
zibard@skums.ac.ir
Web page address

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