

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 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**

90/130/521/3

**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 before 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 Sciences

**Full name of responsible person**

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Tehran

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**Position**

post graduate student

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**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*