# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## Comparison of Aromatherapy Massage With Geranium And conventional Massage on Menopausal Depression in Rafsanjan

## Protocol summary

**Summary**

This study investigated the effects of aromatherapy massage with geranium and placebo on depression in menopausal women who came to a university health care center. A total of 120 women who had a score of 14 or more on Beck questionnaire and didn’t have any history of hormone therapy or depression treatment, were recruited and assigned into control group or massage with geranium in almond oil or massage with almond oil alone, once weekly for 8 weeks. Intensity of depression was measured by using Beck questionnaire and compared between groups after the treatment and after one month follow-up.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT138811061061N6**
Registration date: **2010-12-14, 1389/09/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2010-12-14, 1389/09/23

**Registrant information**

**Name**

Reza Vazirinejad

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 39 1822 0097

**Email address**

pejoheshi@rums.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

Rafsanjan University Of Medical Sciences

**Expected recruitment start date**

2010-10-12, 1389/07/20

**Expected recruitment end date**

2012-01-10, 1390/10/20

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Comparison of Aromatherapy Massage With Geranium And conventional Massage on Menopausal Depression in Rafsanjan

**Public title**

Comparison of Aromatherapy Massage With Geranium And conventional Massage on Menopausal Depression in Rafsanjan

**Purpose**

Treatment

**Inclusion/Exclusion criteria**

Inclusion criteria: age equal or more than 50 years old, more than a year passed since the last menstrual period, Beck score equal or more than 14, Exclusion criteria: having any olfactory disorder, history of cancer and any other chronic diseases, any history of allergy, presence of respiratory disease, cigarette smoking, presence of ulcer, redness, edema, or indurations on the skin, any contraindication for massage, absence in therapeutic sessions more than 2 times, receiving any other effective medicine during the trial

**Age**

From **50 years** old to **80 years** old

**Gender**

Female

**Phase**
2
**Groups that have been masked**
*No information*
**Sample size**
Target sample size: **120**
**Randomization (investigator's opinion)**
Not randomized
**Randomization description**
**Blinding (investigator's opinion)**
Double blinded
**Blinding description**
**Placebo**
Used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Rafsanjan University of Medical Sciences
**Street address**
Central Organization of Rafsanjan University of Medical Sciences, Emam Ali Boulevard, Ayat Alla Saidi Square
**City**
Rarsanjan
**Postal code**
**Approval date**
2010-10-02, 1389/07/10
**Ethics committee reference number**
1015/20/9

## Health conditions studied

### 1

**Description of health condition studied**
Depression
**ICD-10 code**
F32.8
**ICD-10 code description**
Depressive Disorder

## Primary outcomes

### 1

**Description**
Severity of depression
**Timepoint**
Baseline, after the treatment, one month after the completion of treatrment
**Method of measurement**
Beck questionnairre

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Massage with 10cc geranium 2% in almond oil, using Effleurage Method on Back, Shoulder and Abdomen, 30 minutes a week, for 8 weeks
**Category**
Treatment - Other

### 2

**Description**
Massage with 10cc almond oil alone, using Effleurage Method on Back, Shoulder and Abdomen, 30 minutes a week, for 8 weeks
**Category**
Placebo

### 3

**Description**
No intervention
**Category**
N/A

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
University health centers
**Full name of responsible person**
**Street address**
**City**
Rafsanjan

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Rafsanjan University Of Medical Sciences
**Full name of responsible person**
Dr Reza Vaziri Nezhad
**Street address**
Central Organization of Rafsanjan University of Medical Sciences, Emam Ali Boulevard, Ayat Alla Saidi Square
**City**
Rafsanjan

**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**
*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**

## Person responsible for scientific inquiries

**Contact**
**Name of organization / entity**
Rafsanjan University Of Medical Sciences
**Full name of responsible person**
Seyedeh Maryam Lotfipur Rafsanjani
**Position**
Master of Midwifery
**Other areas of specialty/work**
**Street address**
Faculty of nursing and midwifery
**City**
Rafsanjan
**Postal code**
**Phone**
+98 39 1522 5900
**Fax**
**Email**
m_lotfi@rums.ic.ir
**Web page address**

## Person responsible for updating data

**Contact**
**Name of organization / entity**
Rafsanjan University Of Medical Sciences
**Full name of responsible person**
Monavar Maderi
**Position**
Research Expert
**Other areas of specialty/work**
**Street address**
Ayat Alla Saidi Squar, Emam Ali Bolvard, Central Organization Of University
**City**
Rafsanjan
**Postal code**
**Phone**
+98 39 1822 0086
**Fax**
+98 39 1822 0074
**Email**
monanaderi56@yahoo.com
**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*