

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 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

Rafsanjan

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 treatment

Method of measurement

Beck questionnaire

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
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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 Lotfipour Rafsanjani
Position
 Master of Midwifery
Other areas of specialty/work
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Person responsible for updating data

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 Rafsanjan University Of Medical Sciences
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 Monavar Maderi
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 Research Expert
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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