Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effects of group counseling on premenstrual syndrome(PMS) of Female students in Hamadan university of medical sciences

Protocol summary

Summary

Approximately 90 percent of women experience one symptom of premenstrual syndrome and theses symptoms affects women's relationships with their family, work environment and society. The aim of this study is to evaluate the effectiveness group counseling on premenstrual syndrome of Female students in Hamadan university of medical sciences. This semi-experimental study will carry out in eighty women with premenstrual syndrome in referents to medical and health centers in Hamadam city, Iran. Witten informed consent will obtain from all participants. The participants will randomly select to one of two cancelling (case) and without cancelling (control) groups. Demographic Questionnaire and the standard provisional diagnosis of menstruation and premenstrual syndrome, derived from the DSM-IV, is used.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201309296888N3**
Registration date: **2013-11-22, 1392/09/01**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2013-11-22, 1392/09/01

Registrant information

Name

Fatemeh Shobeiri

Name of organization / entity

Hamadan Universiy of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1827 6051

Email address

shobeiri@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamadan University of Medical Sciences, Department of Research and Technology

Expected recruitment start date

2013-09-23, 1392/07/01

Expected recruitment end date

2014-02-20, 1392/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of group counseling on premenstrual syndrome(PMS) of Female students in Hamadan university of medical sciences

Public title

The effects of group counseling on premenstrual syndrome(PMS) of Female students in Hamadan university of medical sciences

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: Student; Premenstrual Syndrome Excluding criteria:<17 age >45; use of oral contraceptives

Age

From **17 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Hamadan University of Medical Sciences

Street address

Fahmiheh Street, Hamadan University of Medical Sciences, Hamadan, Iran

City

Hamadan

Postal code

65178

Approval date

2013-07-24, 1392/05/02

Ethics committee reference number

16/35/9/1345/پ

Health conditions studied

1

Description of health condition studied

Premenstrual syndrome

ICD-10 code

R00-R99

ICD-10 code description

Symptoms, signs and abnormal clinical and laboratory findings, not elsewhere classified

Primary outcomes

1

Description

Premenstrual syndrome

Timepoint

3 months

Method of measurement

Questionnaire

Secondary outcomes

1

Description

Nausea and Vomiting

Timepoint

Monthly

Method of measurement

Questionnaire

Intervention groups

1

Description

Control group: Usual care or no intervention will receive

Category

Lifestyle

2

Description

Intervention group: Three sessions of group counseling intervention content: concepts related to menstruation, various aspects of lifestyle, diet and exercise will be conducted.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Hamadan university of medical sciences

Full name of responsible person

Fatemeh Shobeiri

Street address

Fahmiheh Street, Hamadan University of Medical Sciences, Hamadan, Iran

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Fahmiheh Street, Hamadan University of Medical Sciences, Department of Research and Technology

Full name of responsible person

Heidar Tavilani

Street address

No. 307, Fahmideh Street, Hamadan University of Medical sciences Hamadan

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Fahmiheh Street, Hamadan University of Medical Sciences, Department of Research and Technology

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

Hamadan University of Medical sciences

Full name of responsible person

Fatemeh Shobeiri

Position

Ph.D. in Maternal and Child Health

Other areas of specialty/work

Street address

No. 307, Fahmideh Street, Hamadan University of Medical sciences

City

Hamadan

Postal code

65178

Phone

+98 81 1838 0150

Fax

+98 81 1838 0717

Email

vc_research@umsha.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamadan University of Medical sciences

Full name of responsible person

Fatemeh Shobeiri

Position

Ph.D. in Maternal and Child Health

Other areas of specialty/work

Street address

No. 307, Fahmideh Street, Hamadan University of Medical sciences

City

Hamadan

Postal code

65178

Phone

+98 81 1838 0150

Fax

+98 81 1838 0717

Email

fshobeiri@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Hamadan University of Medical sciences

Full name of responsible person

Fatemeh Shobeiri

Position

Ph.D. in Masternal and Child Health

Other areas of specialty/work

Street address

No. 307, Fahmideh Street, Hamadan University of Medical sciences

City

Hamadan

Postal code

65178

Phone

+98 81 1838 0150

Fax

+98 81 1838 0130

Email

fshobeiri@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