Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The comparison Of the effect of Heat Patch and Ibuprofen On Intensity primary Dysmenorrhea In The Students' Zahedan University Of Medical Science

Protocol summary

Summary

Abstract Objective:This study was designed to compare the analgesic effect of Heat Pach containing Iron Chip with ibuprofen for primary dysmenorrhea. Inclution Criteria: pain or cramp during mensturation; unable to relieve pain and suffering. Exclution criteria: The history of severe menstrual bleeding; body mass index(BMI)> 30; medical and mental illness ; and smoking (cigarettes, ...) ; use of oral contraceptive; unpleasant event or death of near family ; and continous exercise(during the past six months); scratch the skin in the lower abdomen;vaginal infection Population: university student Sample size:147 Intervention: The participants were randomly assigned into one of the intervention groups (Heat Pach and Ibuprofen), heat pach attached lower abdomen skin in group 1, and ibuprofen used in group2 , if dysmenorrhea untreated, use of ibuprofen after 8 hours . Time intervention: initial menstruation Heat Pach during 8 hr and Ibuprofen q8hr Primary outcome measure: intensity primary dysmenorrhea on 2,4,8,12,and 24 hr after initial menstruation

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201107187038N2**
Registration date: **2011-08-15, 1390/05/24**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2011-08-15, 1390/05/24

Registrant information

Name

Shahin Dokht Navvabi-Rigi

Name of organization / entity

Zahedan University Of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 54 1242 1259

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Recruitment status

Recruitment complete

Funding source

Deputy Research Of Zahedan University Of Medical Science

Expected recruitment start date

2007-11-01, 1386/08/10

Expected recruitment end date

2008-12-30, 1387/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The comparison Of the effect of Heat Patch and Ibuprofen On Intensity primary Dysmenorrhea In The Students' Zahedan University Of Medical Science

Public title

Effect of heat patch on dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclution Criteria: pain or cramp during mensturation; unable to relieve pain and suffering. Exclution criteria: The history of severe menstrual bleeding; body mass

index(BMI)> 30; medical and mental illness ; and smoking (cigarettes, ...) ; use of oral contraceptive; unpleasant event or death of near family ; and continous exercise(during the past six months); scratch the skin in the lower abdomen;vaginal infection

Age
From **18 years** old to **30 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **147**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Zahedan University Of Medical Science

Street address
Deputy Research; Pardis Of Zahedan university Of Medical Science; Meidan Dr Hesabi; Zahedan; Sistan & Bluchestan; Iran

City
Zahedan

Postal code

Approval date
2011-07-31, 1390/05/09

Ethics committee reference number
90002

Health conditions studied

1

Description of health condition studied
primary dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
primary dysmenorrhea

Primary outcomes

1

Description
Intensity Primary Dysmenorrhea

Timepoint
initial 2-4-8-12-24hr

Method of measurement
MCGILL questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Heat pach group:one pach during initial pain apply on lower abdomen to 8 h,after the demand use of ibuprofen

Category
Prevention

2

Description
control group:400 mg ibuprofen q 8 h

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Dormitory student(deputy of research)

Full name of responsible person
Sodabeh Hashemzehi

Street address
Zahedan University of medical science

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Zahedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Deputy Research Of Zahedan University Of Medical Science

Full name of responsible person
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Street address
Pardis -Zahedan University Of Medical Science; Meidan Dr Hesabi; Zahedan; Sistan & Bluchestan; Iran

City
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Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Deputy Research Of Zahedan University Of Medical Science
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
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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