

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Jul 2026

The effect of lavender essential oil on severity and Symptoms of primary dysmenorrhea in students of Lorestan University of Medical Sciences dormitories

Protocol summary

Summary

The purposes of this study were to determine the effect of lavender essential oil on severity and Symptoms of primary dysmenorrhea in female students that were resident in the dormitories of Lorestan University of Medical Sciences. The study was a randomized trial. The subjects had pain score greater than 4 on a 10 point visual analogue scale, had regular menstrual periods, without pelvic inflammatory diseases and who did not use contraceptive drugs. Subjects were randomized into two groups: (1) an experimental group did a massage with essential oil of lavender (2 drops) in 2.5 cc of almond oil and the placebo group receive 2.5cc almond oil only that was used topically for 15 minutes on upper symphysis pubis, 48 hours before and after menstruation, twice a day for two menstrual cycles. Participants were asked to record their own severity of dysmenorrhea before intervention and at the end the first and secondary days of menstruation by using visual analogue scale and Symptoms of primary dysmenorrhea were recorded in likert scale.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201310297697N2**

Registration date: **2013-11-20, 1392/08/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-11-20, 1392/08/29

Registrant information

Name

Shourangiz Beiranvand

Name of organization / entity

Lorestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 66 1330 5313

Email address

shorangiz.beiranvand@lums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Lorestan University of Medical Sciences

Expected recruitment start date

2012-11-10, 1391/08/20

Expected recruitment end date

2013-09-11, 1392/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender essential oil on severity and Symptoms of primary dysmenorrhea in students of Lorestan University of Medical Sciences dormitories

Public title

The effect of aromatherapy on primary dysmenorrhea

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: resident in the dormitory of Lorestan University of Medical Sciences and being single, aged 18 to 26 years, having regular menstrual periods at

intervals of 21-35 days, severity of pain is greater than 4 on a 10 point visual analogue scale, none had pelvic inflammatory diseases, and non received hormonal drugs and oral contraceptive pills. Exclusion criteria: subjects willing to withdraw from the study, Irregular use of medication or placebo, Occurrence of any significant stress listed in the questionnaire (first degree family members died ...) during the study, married during the study, changed the location and do not complete the questionnaire, Allergies to essential oils

Age

From **18 years** old to **26 years** old

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Lorestan University of Medical Sciences

Street address

Department of Research and Technology, Lorestan University of Medical Sciences, Kamalvand

City

Khorramabad

Postal code

381351698

Approval date

2011-03-01, 1389/12/10

Ethics committee reference number

43943/200

Health conditions studied

1

Description of health condition studied

Primary dysmenorrhoea

ICD-10 code

N94.4

ICD-10 code description

Primary dysmenorrhoea

Primary outcomes

1

Description

Severity of dysmenorrhea

Timepoint

Before the intervention and two months after the intervention in ending the first and secondary days of menstruation

Method of measurement

Visual analogue scale

Secondary outcomes

1

Description

Symptoms with dysmenorrhea

Timepoint

Before the intervention and two months after the intervention ending the first and secondary days of menstruation

Method of measurement

Questionnaire

Intervention groups

1

Description

Intervention Group: Massage on the symphysis pubis with essential oil of lavender (2 drops) in 2.5 cc of almond oil that was used topically for 15 minutes, 48 hours before and after of menstruation, twice in days for two consecutive menstrual cycles

Category

Treatment - Drugs

2

Description

Control Group: Massage on the symphysis pubis with 2.5 cc just almond oil that was used topically for 15 minutes, 48 hours before and after of menstruation, twice in day for two consecutive menstrual cycles

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Lorestan University of Medical Sciences dormitories
Full name of responsible person
Shourangiz Beiranvand
Street address
Nursing Department, Nursing and Midwifery Faculty,
Lorestan University of Medical Sciences, Kamalvand
City
Khorramabad

Khorramabad
Postal code
381351698
Phone
+98 66 1620 0140
Fax
Email
shorangizbiranvand@yahoo.com;
shorangiz.beiranvand@lums.ac.ir
Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research of Lorestan University of
Medical Sciences
Full name of responsible person
Bahram Rasoulia
Street address
End of the shafa street
City
Khorramabad
Grant name
Grant code / Reference number
**Is the source of funding the same sponsor
organization/entity?**
Yes
Title of funding source
Vice Chancellor for Research of Lorestan 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
Lorestan University of Medical Sciences
Full name of responsible person
Shourangiz Beiranvand
Position
Master of nursing, Faculty member of Lorestan
University of Medical Sciences
Other areas of specialty/work
Street address
Nursing Department, Nursing and Midwifery Faculty,
Lorestan University of Medical Sciences, Kamalvand
City

Person responsible for scientific inquiries

Contact

Name of organization / entity
Lorestan University of Medical Sciences
Full name of responsible person
Shourangiz Beiranvand
Position
Master of nursing, Faculty member of Lorestan
University of Medical Sciences
Other areas of specialty/work
Street address
Nursing Department, Nursing and Midwifery Faculty,
Lorestan University of Medical Sciences, Kamalvand
City
Khorramabad
Postal code
381351698
Phone
+98 986 200 140
Fax
Email
shorangizbiranvand@yahoo.com;
shorangiz.beiranvand@lums.ac.ir
Web page address

Person responsible for updating data

Contact

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