

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### The effect of honey on severity of primary dysmenorrhea

#### Protocol summary

##### Summary

Aim: To investigate the effect of pure and impure honey on severity of pain, amount of bleeding, and duration and interval of menstrual cycles in female students with primary dysmenorrhea. Method: The current study was a single-blind crossover design which will carry out on 60 female students with primary dysmenorrhea. After menstrual initiation, one group took pure honey until next menstrual period and after a 10 day wash-out period will start to take impure honey till the initiation of the subsequent menstrual cycle. Then dysmenorrhea will assess using Visual Analogue Scale. The similar procedure was performed by impure honey in the second group. The two groups are compared.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201205198348N3**  
Registration date: **2012-06-23, 1391/04/03**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-06-23, 1391/04/03

##### Registrant information

##### Name

Neda Mirbagher

##### Name of organization / entity

Kashan University of Medical Science

##### Country

Iran (Islamic Republic of)

##### Phone

+98 36 1555 0021

##### Email address

mirbagher\_n@kaums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Kashan University of Medical Science

##### Expected recruitment start date

2012-04-19, 1391/01/31

##### Expected recruitment end date

2012-06-17, 1391/03/28

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of honey on severity of primary dysmenorrhea

##### Public title

The effect of honey on severity of primary dysmenorrhea

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: age 35-18 years, regular menstrual cycles of 28 days, and moderate to severe menstrual pain each menstrual cycle, lack of sensitivity to the honey, the absence of genital disease, failure to menstruate during the night. Exclusion criteria: use of anti-inflammatory drugs oral contraceptives and nonsteroidal pain or bleeding at all during the whole period

##### Age

From **18 years** old to **35 years** old

##### Gender

Female

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **60**

**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**

Kashan University of Medical science

**Street address**

Kashan, Ravand, kashan University of Medical Science

**City**

Kashan

**Postal code****Approval date**

2010-09-23, 1389/07/01

**Ethics committee reference number**

8778

**Health conditions studied****1****Description of health condition studied**

Dysmenorrhea

**ICD-10 code**

N94.6

**ICD-10 code description**

Dysmenorrhoea, unspecified

**Primary outcomes****1****Description**

Dysmenorrhea

**Timepoint**

Menstrual initiation and 1,2,3 hours after its

**Method of measurement**

Visual Analogue Scale (VAS)

**Secondary outcomes****1****Description**

Amount of bleeding, and duration and interval of menstrual cycles

**Timepoint**

One month

**Method of measurement**

Pad count, Demographic Questionnaire

**Intervention groups****1****Description**

Intervention group after the onset of menstruation, among five teaspoons of honey a day (40 g) were consumed in the morning until the next menstrual cycle.

**Category**

Placebo

**2****Description**

Control group after the onset of menstruation, among five teaspoons of impure honey a day (40 g) were consumed in the morning until the next menstrual cycle.

**Category**

Placebo

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Residences Kashan University of Medical Sciences

**Full name of responsible person**

Neda Mirbagher

**Street address**

Parastar Street, Ravand, Kashan University of Medical

**City**

Kashan

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Neda Mirbagher

**Street address**

Parastar Street , Ravand, Kashan University of Medical

**City**

Kashan

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Kashan 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**

Kashan University of Medical Sciences

**Full name of responsible person**

Neda Mirbagher

**Position**

Ms

**Other areas of specialty/work****Street address**

Parastar Street, Ravand, Kashan University of Medical

**City**

Kashan

**Postal code****Phone**

+98 36 1555 0021

**Fax****Email**

salam\_20012003@yahoo.co.uk

**Web page address****City**

Kashan

**Postal code****Phone**

+98 36 1555 0021

**Fax****Email**

salam\_20012003@yahoo.co.uk

**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Neda Mirbagher

**Position**

Ms

**Other areas of specialty/work****Street address**

Parastar Street, Ravand, Kashan University of Medical

**City**

Kashan

**Postal code****Phone**

+98 36 1555 0021

**Fax****Email**

salam\_20012003@yahoo.co.uk

**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Kashan University of Medical Sciences

**Full name of responsible person**

Neda Mirbagher

**Position**

Ms

**Other areas of specialty/work****Street address**

Parastar Street, Ravand, Kashan University of Medical

**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*