Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 Analoque 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
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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 mounth
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
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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
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Kashan University of Medical Sciences
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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