

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of vitamin E on decrease of muscular pain before of menstrual in students affected by premenstrual syndrome in 2013.

Protocol summary

Summary

Introduction: vitamin E has beneficial effects on reduction of muscular pain. This study evaluates the effect of vitamin E on decrease of muscular pain before of menstrual in students affected by premenstrual syndrome in 2013. Methods: The present study was a double-blind, randomized clinical trial. 75 students in students that accommodate in Islamic Azad university of Touyserkan, Hamedan, Iran. They were randomly divided into two reception groups of vitamin E and placebo. Participants in reception group of vitamin E were use capsules 400unit daily in 7 days premenstrual for a 2 month period and students in placebo group used capsules similar vitamin E group . Data were gathered by questionnaires. The rate of pain in before and after of drug use was measured by Visual Analog Scale. They were applied before the commencement of intervention, on 1st month and 2rd month, respectively. Data analysis was carried out using Wilcoxon and Chi-square tests.

Country

Iran (Islamic Republic of)

Phone

+98 81 1822 1439

Email address

e.jenabi@tuyiau.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University,Touyserkan Branch

Expected recruitment start date

2013-05-31, 1392/03/10

Expected recruitment end date

2013-09-01, 1392/06/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201312188360N2**

Registration date: **2013-12-26, 1392/10/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-26, 1392/10/05

Registrant information

Name

Ensiyeh Jenabi

Name of organization / entity

Islamic Azad university

Scientific title

The effect of vitamin E on decrease of muscular pain before of menstrual in students affected by premenstrual syndrome in 2013.

Public title

The effect of vitamin E on decrease of muscular pain before of menstrual in students affected by premenstrual syndrome in 2013.

Purpose

Treatment

Inclusion/Exclusion criteria

inclusion criteria: having premenstual syndrome; being single; agree to participate in study. Exclusion criteria: uterine disorders; UTI; irerigular menstruation; using of drug about PMS.

Age

From **18 years** old to **24 years** old

Gender

Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: 75

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Islamic Azad university,Touyserkan Branch

Street address
Islamic Azad university,Touyserkan Branch

City
Touyserkan

Postal code

Approval date
2013-05-08, 1392/02/18

Ethics committee reference number
23467/92

Health conditions studied

1

Description of health condition studied
Prementual syndrome

ICD-10 code
N94

ICD-10 code description
Pain and other conditions associated with female genital organs and menstrual cycle

Primary outcomes

1

Description
muscular pain of before mens

Timepoint
3

Method of measurement

Visual Analog scale

Secondary outcomes

empty

Intervention groups

1

Description
subjects used placebo 7 days before of mens and 1 capsule in day for mens two cycles.

Category
Placebo

2

Description
subjects used capsule vitamin E (400 internationa unit) 7 days before of mens and 1 capsule in day for two mens cycles

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Dormitory of Touyserkan Azad university

Full name of responsible person

Street address

City
Touyserkan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad university,Touyserkan Branch

Full name of responsible person
Dr. Vazini

Street address
Touyserkan Azad University

City
Touyserkan

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad university,Touyserkan Branch

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
Islamic Azad university,Touyserkan Branch
Full name of responsible person
Parisa Hejrati
Position
MSc
Other areas of specialty/work
Street address
Azad University of Touyserkan
City
Touyserkan
Postal code
Phone
+98 85 2422 6635
Fax
Email
hejrati@parisa@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad university,Touyserkan Branch
Full name of responsible person
Ensiyeh Jenabi
Position
MSc
Other areas of specialty/work
Street address
Islamic Azad university,Touyserkan Branch
City
Touyserkan

Postal code
Phone
+98 85 2422 0253
Fax
Email
en.jenabi@yahoo.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Islamic Azad university,Touyserkan Branch
Full name of responsible person
Ensiyeh jenabi
Position
MSc
Other areas of specialty/work
Street address
City
Postal code
Phone
Fax
+98 81 1822 1439
Email
enciehjenabi@yahoo.ca
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