

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Comparative Effectiveness Of Mefenamic acid Capsules, Ginger and Stretching Exercise On Primary Dysmenorrhea

Protocol summary

Summary

Dysmenorrhea is the most common gynecological problem and is associated with outcomes such as getting absent from work and school and high health cost. The aim of this study was to compare the effect of Mefenamic acid and Ginger capsules and exercise on primary dysmenorrhea. female students of Mazandaran University of Medical Sciences with primary dysmenorrhea would be selected by random allocation to three intervention groups. Inclusion criteria include: moderate to severe primary dysmenorrhea for at least one day per cycle and exclusion criteria are secondary dysmenorrhea , OCP, IUD, irregular cycle and regular exercise. The initial pain in each group is measured by Visual Analogue Scale. The first group would be received 250mg Mefenamic acid every eight hours and Ginger group 250mg capsule every 6 hours and exercise group a 5 minute exercise exercise, 6 stretching exercise 3 times weekly, for 15 minutes. Pain is measured in groups for 2 cycles.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203118822N2**

Registration date: **2013-12-04, 1392/09/13**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-12-04, 1392/09/13

Registrant information

Name

Narges Motahari

Name of organization / entity

Mazandaran University of medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Mazandaran University Of Medical Sciences

Expected recruitment start date

2013-10-22, 1392/07/30

Expected recruitment end date

2013-12-21, 1392/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparative Effectiveness Of Mefenamic acid Capsules, Ginger and Stretching Exercise On Primary Dysmenorrhea

Public title

Comparison Of Mefenamic acid Capsules and Ginger and Exercise On Pain During Menstruation

Purpose

Health service research

Inclusion/Exclusion criteria

individuals who have primary dysmenorrhea, the pain that affects their daily activities participated in study. Inclusion criteria: The pain is moderate to severe; pain during the menstrual cycle and in more than 50% for at least one day exist. Exclusion criteria: having a menstrual cycle irregular (usually outside the range of 21 to 35 days); use of IUD or receiving OCP; history of

exercise regularly (3 times a week for 30 to 45 minutes) and having dysmenorrhea secondary.

Age

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

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **61**

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

Mazandaran University Of Medical Sciences

Street address

Mazandaran University Of Medical Sciences, Three Ways Juybar, Imam Sqare

City

Sari

Postal code

4816715793

Approval date

2013-09-11, 1392/06/20

Ethics committee reference number

1392/6/20

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

Reduce the severity of dysmenorrhea

Timepoint

Before intervention then twice every month

Method of measurement

VAS scale

Secondary outcomes

1

Description

Drug side effects

Timepoint

Before starting intervention and then at intervals of twice a month

Method of measurement

VAS scale

2

Description

Reduce the amount of bleeding

Timepoint

Before starting intervention and then at intervals of twice a month

Method of measurement

VAS scale

3

Description

Duration of pain

Timepoint

Before starting intervention and then at intervals of twice a month

Method of measurement

VAS scale

Intervention groups

1

Description

Exercise group: 5 Minutes of movement exercise for the whole body in a standing position in order to warm up the body and then 6 stretch exercise in the abdomen and pelvis is performed for 10 minutes. These exercises 3 times weekly for 15 minutes for 2 cycles (8 weeks) are performed . Exercises are not in menstruating. these exercises will be taught by two trained instructors and supervised by the investigator to be done.

Category

Treatment - Drugs

2

Description

In Ginger group: 250 mg capsules (Goldarue Company) is taken every 6 hours until pain relief for 2 cycles

Category

Treatment - Drugs

3

Description

In Mefenamic group: 250 mg capsules (Razak Company) is taken every 8 hours until pain relief for 2 cycles

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Mazandaran University Of Medical Sciences

Full name of responsible person

Narges Sadat Motahari

Street address

Mazandaran University Of Medical Sciences, Three Ways Juybar, Imam Sqare

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University Of Medical Sciences

Full name of responsible person

Dr Enayati

Street address

Mazandaran University Of Medical Sciences, Three Ways Juybar, Imam Sqare

City

Sari

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Mazandaran 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

Mazandaran University Of Medical Sciences

Full name of responsible person

Narges Sadat Motahari

Position

BS Of Midwifery and MSc Of Sport Science - Instructor Of Midwifery

Other areas of specialty/work

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Position

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Other areas of specialty/work

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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