Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The comparison of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms in 45-60 years old women attendant to menopausal clinic

Protocol summary

Summary
The objective of this randomized clinical trial is to compare Massage therapy & Aromatherapy massage by a midwife on the menopausal symptoms. A total of 150 women who have naturally enter the menopausal period and have menopausal symptoms according to MRS, will be randomly assigned to aromatherapy massage groups (by a midwife or themselves), massage group (by midwife or themselves), or control. The outcome (menopausal symptoms, as obtained through the Menopause Rating Scale) will be measured before intervention, and after 4 weeks intervention.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT201101262172N9**
Registration date: **2011-10-27, 1390/08/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2011-10-27, 1390/08/05

Registrant information

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Simin Taavoni
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Recruitment status
Recruitment complete

Funding source
Vice chancellor for research, Tehran University of Medical Sciences

Expected recruitment start date
2011-03-21, 1390/01/01
Expected recruitment end date
2011-09-23, 1390/07/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The comparison of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms in 45-60 years old women attendant to menopausal clinic

Public title
The effect of Massage therapy & Aromatherapy massage done by midwife & and study subjects on menopausal symptoms

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: age between 45 and 60 years old; married; 12 months amenorrhea; no serious chronic medical conditions; no allergy to aromatherapy; normal pap smear in past 12 months; no clinically abnormal finding in physical examinations. Exclusion criteria: side effects during intervention for example allergy to aromatherapy; absence of maximum two sessions of intervention; any kind of crisis in participant or her family; use of any kind of drug or therapy for symptom relief during the study intervention; change in diet or

physical exercise program during the study

Age
From **45 years** old to **60 years** old

Gender
Female

Phase
1

Groups that have been masked
No information

Sample size
Target sample size: **150**

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
Tehran University of Medical Sciences Department

Street address
No 23, Dameshgh St. Valiasr Ave

City
Tehran

Postal code

Approval date
2011-03-21, 1390/01/01

Ethics committee reference number
12849-28-01-90

Health conditions studied

1

Description of health condition studied
Menopausal symptoms

ICD-10 code
N95

ICD-10 code description
Menopausal and female climacteric states

Primary outcomes

1

Description
Menopausal symptoms scores

Timepoint
Before intervention, after 4 weeks intervention

Method of measurement
Menopausal Rating Scale

Secondary outcomes

empty

Intervention groups

1

Description
Massage therapy by midwife: massage with plane oil (5 cc of soft paraffin per session) on the abdominal area, arm and femur, applied by midwife, eight 30-min sessions over a month

Category
Other

2

Description
Control: No intervention during the study

Category
Other

3

Description
Aromatherapy massage by midwife: aromatherapy massage with aroma oil (5 cc of lavender, rose geranium, rose and rosemary in a 4:2:1:1 ratio, diluted almond (90%) and evening primrose oil (10%) at a final concentration of 3% per session) on the abdominal area, arm and femur, applied by midwife, eight 30-min sessions over a month

Category
Other

4

Description
Aromatherapy massage by participants: aromatherapy massage with aroma oil (5 cc of lavender, rose geranium, rose and rosemary in a 4:2:1:1 ratio, diluted almond (90%) and evening primrose oil (10%) at a final concentration of 3% per session) on the abdominal area, arm and femur, applied by participants, eight 30-min sessions over a month

Category
Other

5

Description
Massage therapy by participants: massage with plane oil (5 cc of soft paraffin per session) on abdominal area, arm and femur, applied by participants, eight 30-min sessions over a month

Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Menopause Clinic of OB & GYN hospital (Mirza koochak khan)
Full name of responsible person
Dr Firoozeh Akbari asbagh
Street address
4th alley, mirzay shirazi st, motahari st, Tehran, Iran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences
Full name of responsible person
Esmat Karimie
Street address
No 23, Dameshgh St., Valiasr Ave
City
Tehran
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, Tehran 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

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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