Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of massage with geranium essence on pain severity of primary dysmenorrhea

Protocol summary

Summary

The purpose of study is evaluate the effect of aromatherapy massage with geranium essence on pain severity of primary dysmenorrhea.Inclusion criteria contains: having regular mensturation periods;ccordingto the Visual Analogue Scale score higher than 5.Exclusion criteria contains:The occurrence of abnormal bleeding; using analegsics. subjects are 90 students from neyshabour University of Medical Science that having primary dysmenorrhea and studying in the academic year 96-95. The total subject are 90 students that will e divided into three groups randomly;geranium essence massage,unscented almond oil massage,and massage only group. all three group will be recieve massage in the first day of mensturation in subsequent cycle. The severity of pain will be evaluated by Visual Analogue Scale before and immediately 24 hours after intervention.Expected that massage with geranium essence reduce the severity of primary dysmenorrhea.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017013132329N1**
Registration date: **2017-04-06, 1396/01/17**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-04-06, 1396/01/17

Registrant information

Name

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Name of organization / entity

Gonabadl University Medical of Sciences

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Recruitment status

Recruitment complete

Funding source

Gonabad University of Medical Science

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2017-07-06, 1396/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of massage with geranium essence on pain severity of primary dysmenorrhea

Public title

Effect of geranium on dysmenorrhea

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:being single;Age 35-18 years; having regular menstruation periods intervals of 35-21 day; accordingto the Visual Analogue Scale score higher than 5; The lack of a history of physical diseases:such as asthma; allergies; migraines; diabetes; thalassemia;blood pressure; thyroid disease; cardiovascular and lack of pelvic inflammatory disease;uterine and ovarian cyst diagnosed as abnormal bleeding; the lack of hormone therapy and oral contraceptive pills during the last 3 months.Exclusion

criteria: Not wanting to continue participating in the study;occurence abnormal bleeding during the study;use of analgesics during the stud; indicated any allergic reaction to essential oils.

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

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **90**

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
Gonabad University of Medical Science

Street address
Asian Road Side, Gonabad

City
Gonabad

Postal code
96917937181

Approval date
2016-06-05, 1395/03/16

Ethics committee reference number
IR.GMU.REC.1395.55

Health conditions studied

1

Description of health condition studied
primary dysmenorrhea

ICD-10 code
N94.4

ICD-10 code description
Primary dysmenorrhoea

Primary outcomes

1

Description
pain of dysmenorrhea

Timepoint
Before, immediately after and 24 hours after intervention

Method of measurement
visual anaoge scale

Secondary outcomes

1

Description
side effects

Timepoint
In the period cycle after intervention

Method of measurement
questionnaire

Intervention groups

1

Description
In the control group no intervention will be done by researcher and Only subject's pain intensity will be measured.

Category
Other

2

Description
In intervention group geranium essence 5%manufacturing by barij essence company will be used.Geranium essence in odorless sweet almond oils as the base oil is diluted.in intervention group essence contains 4 drops of geranium essence and 20 cc almond oil. massage for 15 minutes at the top of the pubic to form of circular will be done.

Category
Other

3

Description
In second group of odorless almond oil manufacturing by barij essence company will be used.In this group with 20 cc of almond oil massage to form of circular in the upper part of the pubic done for 15 minutes.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Neyshabour University of Medical Science
Full name of responsible person
Street address
City
Neyshabour

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Gonabad University of Medical Science
Full name of responsible person
Dr Ali Mohammadpour
Street address
Asian Road side, Gonabad
City
Gonabad
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Gonabad University of Medical Science
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
Gonabad University of Medical Science
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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