Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome in Rafsanjan

Protocol summary

Summary

The aim of this study was to determine the effect of aromatherapy with geranium on premenstrual syndrome in students living in dormitory. In this study, 120 students who have five signs of PMS are randomly assigned into three groups (two interventions and a control group) to receive massage with 2%geraniumin almond oil, massage with almond oil only, or no intervention. Method of effleurage massage is teaching to the participants and 30 minutes massage will be done once a week for 8 weeks. During treatment, daily symptom form are completed and results are compared between groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110304892N2**
Registration date: **2011-12-21, 1390/09/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2011-12-21, 1390/09/30

Registrant information

Name

Seyedeh Maryam Lotfipur Rafsanjani

Name of organization / entity

Rafsanjan University of Medical Sciences and Health

Country

Iran (Islamic Republic of)

Phone

+98 39 1322 0472

Email address

maryam_lotfypur@yahoo.com

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Sciences

Expected recruitment start date

2011-11-06, 1390/08/15

Expected recruitment end date

2012-03-05, 1390/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome in Rafsanjan

Public title

The Effect of Aromatherapy Massage on Scholarship Premenstrual Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Students who live in dormitory, Menstrual interval 21-35 days, no consumption of antidepressant, no history of hormone therapy or vitamins consumption over 3 months prior to the study, diagnosis of premenstrual syndrome Exclusion criteria: presence of any olfactory system disorder, failure to receive treatment more than two sessions, use of new drugs that effect treatment

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size
Target sample size: **120**

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
Rafsanjan University of Medical Sciences

Street address
Central Organization of Rafsanjan University of Medical Sciences,Imam Ali Boulevard

City
Rafsanjan

Postal code

Approval date
2011-10-12, 1390/07/20

Ethics committee reference number
9/20/684

Health conditions studied

1

Description of health condition studied
Premenstrual Syndrome

ICD-10 code
N94.3

ICD-10 code description
Premenstrual Syndrome

Primary outcomes

1

Description
Premenstrual syndrome

Timepoint
2 months

Method of measurement
Daily Symptom Questionnaire

Secondary outcomes

1

Description
Treatment Costs

Timepoint
2 Months

Method of measurement
Questionnaire

2

Description
Adverse effects

Timepoint
2 Months

Method of measurement
questionnaire

Intervention groups

1

Description
First group: Massage with geranium 2% at the base of sweet almond oil - 30 minutes, once a week for 8 weeks

Category
Treatment - Drugs

2

Description
Second group: Massage with Sweet Almond oil alone - 30 minutes, once a week for 8 weeks

Category
Treatment - Drugs

3

Description
Control group: No Treatment

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Rafsanjan University of Medical Sciences, Students Dormitory

Full name of responsible person
Seyede Maryam Lotfipur

Street address
Nursing and Midwifery Faculty

City
Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Rafsanjan University of Medical Sciences

Full name of responsible person
Dr Reza Vazirinejad

Street address
Central Organization of Rafsanjan University of Medical Sciences, Imam Ali Boulevard

City
Rafsanjan

Grant name

Grant code / Reference number

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

Title of funding source
Rafsanjan 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
Rafsanjan University of Medical Sciences

Full name of responsible person
Seyede Maryam Lotfipur

Position
Ms

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