Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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.

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
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Iran (Islamic Republic of)
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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

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

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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