

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jun 2026

Comparison of plant essential oils of lavender and Citrus aurantium on anxiety in female students before exam

Protocol summary

Summary

Test anxiety is a common phenomenon among college students, that result in mind occupation, inadequate information processing and affects academic performance of their major potentialities, which is one of the problems of educational systems. Aromatic essential oils such as lavender and Citrus affect the physical and mental states of humans and they are cheap, pleasant with fewer side effect. This study aims to investigate the effect of Lavandula officinalis and Citrus for test anxiety among female Students in the Paramedics college in Gorgan In this double blind clinical trial, 80 female Students with sufficient olfactory ability will randomly divided into two groups and those who have sensitivity to lavender essential oil and Citrus will exclude. In lavender oil group, subjects inhaled essential oil for 60 seconds and the survival of it was a little rubbed the bridge of the nose and the circus group with the same procedure.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201403099697N2**

Registration date: **2014-06-14, 1393/03/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2014-06-14, 1393/03/24

Registrant information

Name

Fozieh Bakhsha

Name of organization / entity

Golestan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 17 3253 8011

Email address

bakhsha@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research, Golestan University of Medical Sciences

Expected recruitment start date

2014-03-06, 1392/12/15

Expected recruitment end date

2015-04-04, 1394/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of plant essential oils of lavender and Citrus aurantium on anxiety in female students before exam

Public title

Comparison of plant essential oils of lavender and Citrus aurantium on Anxiety in female students before exam
Gorgan

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: students with sufficient olfactory ability; allergy to fragrances; or any other types of allergy; chronic respiratory diseases; underlying diseases (heart failure, high blood pressure and etc) and the students who have no anxiety disorders with a clinical diagnosis
Exclusion criteria: Students who will show sensitive to lavender and Citrus aurantium

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Golestan University of Medical Sciences

Street address

Deputy of Research of Golestan University of Medical Sciences, Gorgan, Golestan, Iran

City

Gorgan

Postal code**Approval date**

2014-01-10, 1392/10/20

Ethics committee reference number

32189210228

Health conditions studied**1****Description of health condition studied**

Exam Anxiety

ICD-10 code

F41

ICD-10 code description

These are severe disturbances in the personality and behavioural tendencies of the individual; not directly resulting from disease, damage, or other insult to the brain, or from another psychiatric disorder; usually involving several areas of the personal

Primary outcomes**1****Description**

Determine anxiety in female students before exam in paramedical of Golestan University of Medical Sciences after citrus aurantium

Timepoint

One hour before intervention

Method of measurement

Visual Analogue Scale10-point numeric

2**Description**

Determine anxiety in female students before exam in paramedical of Golestan University of Medical Sciences before lavender

Timepoint

before intervention

Method of measurement

Visual Analogue Scale10-point numeric

3**Description**

Determine anxiety in female students after exam in paramedical of Golestan University of Medical Sciences after lavender

Timepoint

One hour after intervention

Method of measurement

Visual Analogue Scale10-point numeric

4**Description**

Determine anxiety in female students after exam in paramedical of Golestan University of Medical Sciences after citrus aurantium

Timepoint

One hour after intervention

Method of measurement

Visual Analogue Scale10-point numeric

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention: essential oil of lavender and inhalation once before exam night

Category

Other

2**Description**

Essential oil of Citrus aurantium and inhalation once before exam night

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Golestan University of Medical Sciences, Paramedical School

Full name of responsible person

Fozieh Bakhsha

Street address

Anesthesiology Department of Paramedical School of Golestan University of Medical Sciences ,Gorgan,Golestan,Iran

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan University of Medical Sciences

Full name of responsible person

Masoud Khoshnia

Street address

Deputy of Reaserch of Golestan University of Medical Sciences, Gorgan, Golestan, Iran

City

Gorgan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Golestan 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

Golestan University of Medical Sciences

Full name of responsible person

fozieh bakhsha

Position

MSc of anesthesia, instructor Paramedical School

Other areas of specialty/work

Street address

Anesthesiology Department of Paramedical School of Golestan University of Medical Sciences , Gorgan, Golestan, Iran

City

Gorgan

Postal code

49341-74515

Phone

+98 17 1553 8011

Fax

+98 44 23630

Email

bakhsha@goums.ac.ir; bakhsha_fo@yahoo.mail

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Golestan University of Medical Sciences

Full name of responsible person

Fozieh Bakhsha

Position

MSc of Anesthesia, Instructor Paramedical School

Other areas of specialty/work

Street address

Anesthesiology Department of Paramedical School of Golestan University of Medical Sciences , Gorgan, Golestan, Iran

City

Gorgan

Postal code

Phone

+98 17 1553 8011

Fax

Email

bakhsha@goums.ac.ir; bakhsha_fo@yahoo.mail

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Golestan University of Medical Sciences

Full name of responsible person

fozieh Bakhsha

Position

MSc of Anesthesia, Instructor of paramedical School of Golestan University of Medical Sciences Gorgan

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Anesthesiology Department of Paramedical School of Golestan University of Medical Sciences , Gorgan, Golestan, Iran

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Phone

+98 17 1553 8011

Fax

Email

Bakhsha@goums.ac.ir; Bakhsha_fo@yahoo.com

Web page address

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