

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 2026

Effect of essential oil of of rose water, the anxiety level students, School of Paramedical Sciences, Gorgan

Protocol summary

Summary

Objective: This study investigated the effects of oil of rose water, the exam anxiety is designed. Study design: simple Randomized, double-blind, placebo-controlled, study population: Paramedical College students living in dormitories. Main inclusion criteria: complete satisfaction to participate in the study and having enough power olfactory (smell is not deaf). Main exclusion criteria: allergy to perfumes and any other allergic asthma, chronic respiratory diseases, underlying disease (heart, blood pressure, etc.), anxiety disorders, according judgship a clinical psychologist. Sample size: 80 students of the Faculty of Paramedical at the dormitory. Before starting the study under the supervision of a clinical psychologist and screening anxiety for Students interested in participating in the study using questionnaires can by VAS So will exclude from the study that participants with severe anxiety disorders. The night before the exam in the intervention group for 60 seconds will inhale the the essential oil of rose water And for persistence some of it the with applicator will be applied to the forehead students. And the control group in the same way with distilled water is colorless and odorless given to smell. Anxiety levels, blood pressure and heart rate are measured before and after the intervention. (C) the time intervention: intervention period beginning second semester of final exam study 2014-15 (d) Primary outcomes: test anxiety

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT201403099697N3**

Registration date: **2015-06-29, 1394/04/08**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-06-29, 1394/04/08

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

Vice Chancellor for Research and Technology, Golestan University of Medical Sciences

Expected recruitment start date

2015-05-31, 1394/03/10

Expected recruitment end date

2015-07-21, 1394/04/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of essential oil of of rose water, the anxiety level students, School of Paramedical Sciences, Gorgan

Public title

Effect of essential oil of of rose water, the anxiety level students, School of Paramedical Sciences, Gorgan

Purpose

Treatment

27962893111902

Inclusion/Exclusion criteria

Inclusion criteria: complete satisfaction to participate in the study; having enough power olfactory (smell is not deaf) will be. Major of Exclusion criteria: allergy to perfumes and any other type of asthma and allergies; chronic respiratory diseases; underlying disease (heart, blood pressure, etc.).

Age

No age limit

Gender

Female

Phase

2

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

Used

Assignment

Parallel

Other design features

-

Secondary Ids

1

Registry name

-

Secondary trial Id

-

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice Chancellor for Research and Technology,
Golestan University of Medical Sciences

Street address

Vice Chancellor for Research and Technology,
Golestan University of Medical Sciences, km 4 road
Sari Gorgan, Gorgan, Golestan , Iran

City

Gorgan

Postal code

49341-74515

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

anxiety exam

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

Primary outcomes

1

Description

anxiety exam

Timepoint

Before the intervention and 30 minutes after the intervention

Method of measurement

Sarason Test Anxiety Scale

Secondary outcomes

1

Description

blood pressure

Timepoint

Before the intervention and 30 minutes after the intervention

Method of measurement

According Mm hg By using Mercury sphygmomanometer

2

Description

pulse rate

Timepoint

Before the intervention and 30 minutes after the intervention

Method of measurement

From the measurement of the radial pulse in 60 seconds

Intervention groups

1

Description

The night before the exam in the intervention group
Once a for 60 seconds will inhale the the essential oil of
rose water And for persistence some of it the with
applicator will be applied to the forehead students.
Anxiety levels, blood pressure and heart rate are
measured before and 30 minutes later the intervention.

Category

Prevention

2

Description

The night before the exam placebo in the same shape, size and Methods as with intervention group Once a for 60 seconds by participants will smell And using an applicator for the will be applied to a person's forehead. Anxiety levels, blood pressure and heart rate are measured before and 30 minutes later the intervention.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Student Dormitory

Full name of responsible person

fozieh bakhsha

Street address

Third alley dormitories Martyrs December 5,
December 5th Street, Gorgan, Golestan.

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan University of Medical Sciences

Full name of responsible person

Masoud khoshnia, Director of Vice Chancellor
Research and Technology

Street address

Vice Chancellor for Research and Technology,
Golestan University of Medical Sciences, km 4 road
Sari Gorgan, 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 in Anesthesia, Instructor of Paramedical School

Other areas of specialty/work**Street address**

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Position

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Person responsible for updating data

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Name of organization / entity

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Full name of responsible person

Fozieh Bakhsha

Position

MSc of Nurse Anesthesiology, Instructor, Director of
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Other areas of specialty/work**Street address**

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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