

# 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**

Department of Anesthesiology, Faculty of  
Paramedical Sciences, Golestan University of Medical  
Sciences, Km 4 road Sari-Gorgan, Gorgan, Golestan,  
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## Person responsible for scientific inquiries

### Contact

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## 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 Nurse Anesthesiology, Instructor, Director of  
Nure Anesthesiology

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

Department of Anesthesiology, Faculty of  
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**City**

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Bakhshafo@gmail .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*