Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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 judgeship 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

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

27962893111902

Health conditions studied

1

Description of health condition studied

anxity exam

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

Primary outcomes

1

Description

anxity exam

Timepoint

Before the intervention and 30 minutes after the intervention

Method of measurement

Sarason Test Anxiety Scale

Secondary outcomes

1

Description

blood presure

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 and30 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 and30 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,Instracter 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, Iran

City
Gorgan

Postal code
74515-49341

Phone
+98 17538011

Fax
+98 17 3242 3630

Email
Bakhsha@goums.ac.ir؛ Bakhsha_fo@yahoo.com؛ Bakhshafo@gmail .com

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 in Anesthesia, Instructor of Paramed

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, Iran

City
Gorgan

Postal code
74515-49341

Phone
+98 17 3253 8011

Fax
+98 17 3242 3630

Email
Bakhsha@goums.ac.ir؛ Bakhsha_fo@yahoo.com؛ Bakhshafo@gmail .com

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 Nurse Anesthesiology,Instructor, Director of Nure Anesthesiology
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, Iran
City
Gorgan
Postal code
74515-49341
Phone
+98 17 3253 8011
Fax
+98 17 3242 3630
Email
Bakhsha@goums.ac.ir; Bakhsha_fo@yahoo.com; 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