

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 May 2026

Comparison the effect of inhalation of essential oils of jasmine with distilled water on the level of anxiety and blood cortisol of patients before laparotomy

Protocol summary

Summary

The aim of this study is to evaluate the effect of inhalation of essential extraction (oil) of Jasmine on the level of anxiety and blood Cortisol of patients that are candidate for Laparotomy surgery. Inclusion criteria included: 65-15 year old, patients who are candidate for Laparotomy without a history of mental illness and no neurologic signs due to trauma, oriented to place, time and self, no history of allergy to plants, no disorder in smell, having ability to read and response to questionnaire items, no history of using steroid during 3 months ago, or those disease that increase the level of blood Cortisol. The study population are the patients who are waiting for Laparotomy in 5th Azar Hospital, 84 of them will participate in this study and they are randomly allocated in the intervention and controlled group. The subjects will sign a consent form before intervention. Intervention: before intervention, the subjects' trait anxiety will be measured by a valid questionnaire and blood level of Cortisol will be measured through 2 ML blood sample. Then, the intervention group will take 2 drops of essential oil of Jasmine through dropping on patients collar for inhalation and control group will take two drops of distilled water through dropping on patients collar for inhalation. After 60 minutes the subjects' trait Anxiety and Cortisol will be measured again. Because the maximum effect of Jasmine occurs 60 minutes after inhalation. Intervention for all patients will be done between 7:30 to 8:30 am.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072510325N4**

Registration date: **2015-09-24, 1394/07/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-24, 1394/07/02

Registrant information

Name

Gholamreza Mahmoodi Shan

Name of organization / entity

Golestan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

The funding source of the study is Research Vice-Chancellor (Research and Technology) Golestan University of Medical Sciences

Expected recruitment start date

2015-07-26, 1394/05/04

Expected recruitment end date

2015-09-06, 1394/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of inhalation of essential oils of jasmine with distilled water on the level of anxiety and blood cortisol of patients before laparotomy

Public title

Jasmine impact on the levels of anxiety and cortisol exposure of patients to the operating room

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 65-15 years old, patients who are candidate for laparotomy without a history of mental illness and no signs of trauma to the brain, alert to place, time and self orientation, no history of allergy to plants, no disorder in smell, having ability to read and response to questionnaire items, no history of using steroid during 3 months ago, or those disease that increase the level of blood Cortisol. Exclusion criteria: Patient's intolerance due to Jasmine extraction, patient transmission before the intervention, the patient withdraw from the study, and the patients with anxiety or depression disorders.

Age

From **15 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **84**

Randomization (investigator's opinion)

Randomized

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

Not blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features

In this study, the intervention and control group will be allocated randomly in two groups. Finally, there will be 42 cases in each one of the intervention and control group.

Secondary Ids

empty

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

Ethics Committee of Golestan University of Medical Sciences.

Street address

Golestan University of Medical Sciences, Vice Chancellor for Research and Technology. Kilometr 4 Gorgan-Sari (initial of Shast Kola Road).

City

Gorgan

Postal code

4934174515

Approval date

2015-07-26, 1394/05/04

Ethics committee reference number

Ir.Goums.Rec 1394.56

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

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder.

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

Anxiety

Timepoint

Before and one hour (60 minutes) after intervention the anxiety will be measured

Method of measurement

Spielberger questionnaire.

2**Description**

Blood Cortisol

Timepoint

Before and one hour after intervention the subjects' blood samples will be taken and the level of Cortisol will be measured.

Method of measurement

Using ELISA monitors Cortisol IBI kit

Secondary outcomes**1****Description**

Vital sign

Timepoint

Before and one hour after intervention.

Method of measurement

Blood pressure of the subjects will be measured before and after the intervention by a Manometer ALPK2 that was manufactured by Japan. The subjects' pulse rate and respiratory rate will be counted.

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

Group intervention: The subjects inhale two drops of essential oil of Jasmine Barij Essence Kashan product for

60 minutes. Jasmine will be dropped on the patient's shirt collar shed. The surgery will be done in the morning.

Category

Placebo

2

Description

Control group: inhale two drops of distilled water as a placebo for 60 minutes on the patient's shirt collar shed. Intervention will be held the morning of surgery.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Gorgan 5th Azar Hospital.

Full name of responsible person

Mohamad Yadegari

Street address

5th Azar Hospital Gorgan, 5th Street Azar, Gorgan, Golestan.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan University of Medical Sciences Vice Chancellor for research

Full name of responsible person

Dr. Masood Khoshnia

Street address

Golestan University of Medical Sciences, Shastkola, Gorgan, Golestan.

City

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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 Vice Chancellor for research

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

Mohamad Yadegari

Position

MSc student of critical care nursing.

Other areas of specialty/work

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PHD, Assistant Professor

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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