Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effect of lavender aromatherapy on maternal somatic pain, fatigue and mood in the early hours after delivery

Protocol summary

Summary

Mothers experience many physiological, mental and social changes at postpartum period. In early stage of postpartum deal with some issues such as after pain, preneal pain and fatigue. Aromatherapy is one of the fastest growing therapies in the world today. Lavender has long been involved in traditional medicine. This study examined the effect of lavender aromatherapy on maternal somatic pain, fatigue and mood in the early hours after delivery. Method: This randomized clinical trial study on nullipar women after natural vaginal delivery. Essential oil of lavender (1%) based on sesame oil was used in case group. Five drop of essence squeezed on three layers of kleenex and participants hold it in 20 cm of their noses for 15 minutes and do respiration. Then in two group of case and control the intervention repeated 6 hours after first intervention and before sleep. After 24 hours of first intervention all of variants remeasured. In the control group used sesame oil of oila company. Severity of fatigue is determined by three domains such as mental, cognitive and psychological, severity of preneal pain and severity of physical pain is measured by visual analog scale (MCGill). Used as the experimental group. Mood is measured with Positive And Negative Affect Scale (PANAS).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014060910327N7**
Registration date: **2014-07-01, 1393/04/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2014-07-01, 1393/04/10

Registrant information

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Farideh Vaziri
Name of organization / entity
Shiraz University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2014-04-06, 1393/01/17

Expected recruitment end date

2014-05-22, 1393/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender aromatherapy on maternal somatic pain, fatigue and mood in the early hours after delivery

Public title

The effect of lavender aromatherapy on maternal somatic pain, fatigue and mood in the early hours after delivery admitted

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Nulliparous; natural vaginal delivery; Age between 18 to 35 years; by episiotomy Exclusion criteria: allergic to Lavender
Age
From **18 years** old to **35 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **64**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Shiraz University of Medical Sciences
Street address
Central building Shiraz University of Medical Sciences, Zand Ave, Shiraz
City
Shiraz
Postal code
71345-1978
Approval date
2014-03-19, 1392/12/28
Ethics committee reference number
92-6943

Health conditions studied

1

Description of health condition studied
Relationship of lavender aromatherapy on maternal somatic pain, fatigue and mood in the early hours after delivery
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Prineal pain
Timepoint
One to four hours after delivery
Method of measurement
Visual Analog Scale for pain

2

Description
Fatigue
Timepoint
One to four hours after delivery
Method of measurement
Visual Analog Scale for fatigue

3

Description
Physical pain
Timepoint
One to four hours after delivery
Method of measurement
Visual Analog Scale

4

Description
Mood
Timepoint
One to four hours after delivery
Method of measurement
Positive And Negative Affect Scale (PANAS)

Secondary outcomes

1

Description
Prineal pain
Timepoint
Before, One hours after the first intervention, In the morning after the intervention
Method of measurement
Visual Analog Scale

2

Description
Fatigue
Timepoint
Before, One hours after the first intervention, In the morning after the intervention
Method of measurement
Visual Analog Scale for fatigue

3

Description

Physical pain

Timepoint

Before, One hours after the first intervention, In the morning after the intervention

Method of measurement

Visual Analog Scale

4

Description

Mood

Timepoint

Before, One hours after the first intervention, In the morning after the intervention

Method of measurement

Positive And Negative Affect Scale (PANAS)

Intervention groups

1

Description

Intervention group: Essential oil of lavender (1%) based on sesame oil was used in case group. Five drop of essence squeezed on 3 layers of kleenex and participants hold it in 20 cm of their noses for 15 minutes and do respiration.The intervention repeated 6 hours after first intervention and before sleep. After 24 hours of first intervention all of variants remeasured.

Category

Treatment - Drugs

2

Description

control group: In the control group used sesame oil. Five drop of essence squeezed on 3 layers of kleenex and participants hold it in 20 cm of their noses for 15 minutes and do respiration. Then in two group of case and control the intervention repeated 6 hours after first intervention and before sleep. After 24 hours of first intervention all of variants remeasured.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

shiraz Hafez Hospital

Full name of responsible person

Miss Zeinali

Street address

The beginning of Chamran Blv, Shiraz, Fars

City

Shiraz

2

Recruitment center

Name of recruitment center

Hazrat Zeinab Hospital

Full name of responsible person

Miss Gholami

Street address

Defa Moqadas Square, Shiraz, Fars

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice President for research of Shiraz University of Medical Sciences

Full name of responsible person

Gholam Reza Hatam

Street address

7th Floor, Shiraz University of Medical Sciences, Central building, Zand Ave, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice President for research of Shiraz 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

Faculty of Nursing and Midwifery

Full name of responsible person

Farideh Vaziri

Position

Master of Midwifery

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Faculty OF Medical

Full name of responsible person

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Person responsible for updating data

Contact

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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