

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jun 2026

### Effect of essential oil of lavender (*L. Lavandula officinalis*) on preoperative anxiety in patients with curettage

#### Protocol summary

##### Summary

According to some studies lavender scent improves mood and reduces stress and anxiety. The purpose of this study is to investigate the effect of lavender scent on anxiety status in women before D&C in an Educational Center affiliated to Gorgan Medical Sciences University in Golestan. This is a single blind clinical trial in which 112 women will be stratified randomly into two groups, each including 56 people, case group (N=56) and control group (N=56). The case group smells lavender essential oil for 1 hour before operation. In both groups anxiety changes will be determined before and after aromatherapy by Spielberger twenty-question questionnaire. Inclusion criteria include not to be emergent case and having the smelling ability and exclusion criteria include allergy to perfumes or any other sensitivity, chronic respiratory disease and underlying diseases.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2012102510340N8**  
Registration date: **2013-02-21, 1391/12/03**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-02-21, 1391/12/03

##### Registrant information

###### Name

Mohammad Aryaie

###### Name of organization / entity

Golestan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 911 277 1798

###### Email address

aryaie@goums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Golestan university of medical sciences

###### Expected recruitment start date

2010-03-11, 1388/12/20

###### Expected recruitment end date

2011-07-14, 1390/04/23

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Effect of essential oil of lavender (*L. Lavandula officinalis*) on preoperative anxiety in patients with curettage

###### Public title

The effect of Lavender on stress

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion criteria: Lack of emergency; having completed pregnancy and having enough power to smell the scent. Exclusion criteria: being allergic to perfumes or any other sensitivity; chronic respiratory disease; underlying diseases.

###### Age

From **18 years** old to **30 years** old

###### Gender

Female

###### Phase

2-3

### Groups that have been masked

No information

### Sample size

Target sample size: 98

### 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

Golestan university of medical sciences

##### Street address

Golestan university of medical science, Gorgan

##### City

Gorgan

##### Postal code

#### Approval date

2010-01-09, 1388/10/19

#### Ethics committee reference number

01388.010.019

## Health conditions studied

### 1

#### Description of health condition studied

anxiety

#### ICD-10 code

F41.2

#### ICD-10 code description

Mixed anxiety and depressive disorder

## Primary outcomes

### 1

#### Description

anxiety

#### Timepoint

before surgery

#### Method of measurement

Spielberger questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention: 40 mg Lavender essential oil 100% which will be smelled for 1 hour before operation.

#### Category

Treatment - Drugs

### 2

#### Description

Control: 2cc Distilled water and a small amount of lemon juice with a concentration of 1% which will be smelled for 1 hour before operation.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Dezyani hospital

##### Full name of responsible person

##### Street address

##### City

Gorgan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Golestan university of medical sciences

##### Full name of responsible person

Mohamad Ali Vakili

##### Street address

Third floor, Golestan university of medical sciences, ,  
Gorgan

##### 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**

Kazem Kazemjad

**Position**

anesthesiology

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Amin Hassanzad

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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*

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Golestan university of medical sciences

**Full name of responsible person**

Mohamad Aryaie

**Position**

Master

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

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