Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effecte of inhalation of Levander essence on level of fatigue and sleep quality in intensive care unite nurses

Protocol summary

Summary

The aim of this study was to investigate the effect of inhalation of Levander essence on level of fatigue and sleep quality in intensive care unite nurses.This research is a Single blind clinical trial conducted on 70 in intensive care unite nurses of Amiralmomenin Hospital in Kordkoy. Participants were randomly categorized into two groups of intervention and control. In intervention group were asked to apply 2gtt lavender essential oil on a piece of cotton wool and place it at a distance of 20 cm for one month. Distilled water were used as placebos in control groups.The study was blinded for groups. Pittsburgh Sleep Quality Index (PSQI) and Inventory Chalder fatigue were used for data gathering and Sleep Quality) and fatigue were administered to both groups before and after aromatherapy.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015070110713N7**
Registration date: **2015-07-27, 1394/05/05**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-07-27, 1394/05/05

Registrant information

Name
Moloud Farmahani Farahani
Name of organization / entity
Arak University of Medical Siences
Country
Iran (Islamic Republic of)
Phone
+98 86 1417 3524
Email address
farahani91@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Siences

Expected recruitment start date

2015-02-21, 1393/12/02

Expected recruitment end date

2015-05-05, 1394/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effecte of inhalation of Levander essence on level of fatigue and sleep quality in intensive care unite nurses

Public title

Effecte of inhalation of Levander essence on level of fatigue and sleep quality

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria included: One year of experience and Six months working in intensive care unite; Health sense of smell; Mental health; absence of respiratory disease and allergies.Exclusion criteria:Participants were excluded if they experienced crisis or unforeseen event during the study

Age

From **24 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Arak University of Medical Siences

Street address

Arak Univercity of Medical Siences, Arak, Iran

City

Arak

Postal code

Approval date

2014-12-01, 1393/09/10

Ethics committee reference number

2-171-93

Health conditions studied

1

Description of health condition studied

quality of sleep

ICD-10 code

G47.8

ICD-10 code description

Other sleep disorders

Primary outcomes

1

Description

fatigue

Timepoint

before, one month after the intervention

Method of measurement

Chalder fatigue questionnaire

Secondary outcomes

1

Description

Sleep quality

Timepoint

before, one month after the intervention

Method of measurement

Petersburg Sleep Questionnaire

Intervention groups

1

Description

Two drops of lavender essential oil prepared on non-absorbent paper and be kept for 20 minutes at a distance of 20 cm Front nose with deep breathing , the procedure repeated forone month.

Category

Other

2

Description

Two drops of Distilled water prepared on non-absorbent paper and be kept for 20 minutes at a distance of 20 cm Front nose with deep breathing , the procedure repeated for one month.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Amiralmomenin Hospital, Kordkoy

Full name of responsible person

Molud Farmahini Farahani

Street address

Nursing and Midwifery Collage, Sardasht

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Siences

Full name of responsible person

Dr. Ali Asghar Yaghoubi

Street address

Arak University of Medical Sciences and Health Services, Alamolhoda St.

City

Arak

Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak University of Medical Siences
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
Arak university of Medical Siences
Full name of responsible person
Molud Farmahini Farahani
Position
MSc Nursing
Other areas of specialty/work
Street address
Nursing and Midwifery Collage, Sardasht
City
Arak
Postal code
Phone
00
Fax
Email
farahani91@arakmu.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Siences
Full name of responsible person
Molud Farmahini Farahani
Position
MSc Nursing
Other areas of specialty/work
Street address
College of Nursing and Midwifery, Sardasht
City
Arak
Postal code
Phone
00
Fax
Email
farahani91@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Arak university of Medical Siences
Full name of responsible person
Molud Farmahini Farahani
Position
MSc Nursing
Other areas of specialty/work
Street address
Sardasht, Medical Science and Health Service Arak University, Arak
City
Arak
Postal code
Phone
00
Fax
Email
farahani91@arakmu.ac.ir
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