Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Aromatherapy with Lavender on sleep quality patients

Protocol summary

Summary

The aim of this study is to determine the effect of aromatherapy with lavender on patients' sleep quality after coronary artery bypass surgery. This study is a clinical trial. The sample includes all male and female patients undergoing coronary artery bypass graft in Kowsar Hospital of the Semnan University of Medical Sciences. The main criterion for inclusion is adequate vigilance on the first day after coronary artery bypass graft surgery. The most important exclusion criterion is the patient's loss of consciousness. The sample size is estimated 30 people for each group and a total of 60 people. In order to carry out the research,the sleep quality of the patients will be measured by using hospital sleep quality questionnaire in the morning after surgery. At second night at 9pm, Lavender in the intervention group and the placebo in control group (distilled water) will be dropped on a cotton ball at a rate of 2 drops and will be kept in front of the patients' noses and they will be asked to breathe 10 times deeply and in the following, cotton ball will be attached to the patients' clothes by using a pin and will be attached to his collar until 8 am. This process will be done for both groups of patients for 3 days. Then the difference between the initial sleep score and calculated sleep score will be calculated after the intervention in both groups. Finally, the difference between the scores of the two groups will be compared

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060811399N6**
Registration date: **2017-06-12, 1396/03/22**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-06-12, 1396/03/22

Registrant information

Name
Abbasali Ebrahimian

Name of organization / entity

Country
Iran (Islamic Republic of)

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Email address
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Recruitment status
Recruitment complete

Funding source
Semnan University of Medical Sciences

Expected recruitment start date
2017-07-23, 1396/05/01

Expected recruitment end date
2018-03-20, 1396/12/29

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Aromatherapy with Lavender on sleep quality patients

Public title
The Effect of aromatherapy with Lavender on sleep quality among patients undergoing Coronary Artery Bypass Graft in Semnan Kowsar Hospital

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: The patients' willingness to participate in the study; Undergoing non-emergency open heart surgery for the first time; Aged between 30 and 75 years old; Stable hemodynamic condition such as systolic

blood pressure higher than 90 mmHg; lack of life threatening dysrhythmia and a heart rate between 60 and 100 bpm; Not drug and alcohol addicted; lack of confirmed mental illness; No history of known allergies to lavender or seasonal allergy; lack of olfactory disorders; Lack of respiratory disorders such as asthma; Being conscious and oriented to time; Place and person and having the ability to complete hearing and speech. Exclusion criteria: Taking the sedative in addition to routine treatments; life threatening dysrhythmias or any emergency conditions requiring immediate intervention; loss of the patient’s consciousness; The patient’s willingness to quit from the study; allergy to lavender or any allergic reaction during the study.

Age

From **30 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Barij Essence company lavender essential oil will be used in this study.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of Semnan University Of Medical sience

Street address

Vice chancellor for research, Semnan University of Medical Sciences, Basij Blvd

City

Semnan

Postal code

Approval date

2017-05-21, 1396/02/31

Ethics committee reference number

IR.SEMUMS.REC.1396.14

Health conditions studied

1

Description of health condition studied

Sleep disorder

ICD-10 code

G47.0

ICD-10 code description

Disorders of initiating and maintaining sleep [insomnias]

Primary outcomes

1

Description

Patients sleep quality after coronary artery bypass graft

Timepoint

Daily, during 4 days

Method of measurement

Hospital sleep quality questionnaire

Secondary outcomes

1

Description

Sleep quality after water inhalation

Timepoint

Daily, during 4 days

Method of measurement

Hospital sleep quality questionnaire

Intervention groups

1

Description

In the intervention group, Lavender will be dropped on a cotton ball at a rate of 2 drops and Will be kept in front of the patient's nose and patients will be asked to breathe 10 time deeply and in the following, cotton ball will be attached to the patient's clothes by using a pin and will be attached to his collar until 8 am, Then it will be separated from the patient's clothes and will be discarded. This process will be done for patients for 3 days. After each intervention, the previous night sleep quality of the patient will be assessed by using Hospital Sleep Quality Questionnaire.

Category

Treatment - Other

2

Description

In the control group, distilled water will be dropped on a cotton ball at a rate of 2 drops and will be kept in front of the patient's nose and he will be asked to take 10 deep breaths and in the following, cotton ball will be attached to the patient's clothes by using a pin and will be attached to his collar until 8 am, Then it will be

separated from the patient's clothes and will be discarded. This process will be done for patient for 3 days. After each intervention, the previous night sleep quality of the patient will be assessed by using Hospital Sleep Quality Questionnaire.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Kowsar Hospital

Full name of responsible person

Dr Majid Mirmohammad-Khani

Street address

1 th Floor, Vice chancellor for research, Kowsar Hospital, Basij Blvd

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Semnan University of Medical Sciences

Full name of responsible person

Dr Ali Rashidi-Pour

Street address

Vice chancellor for research, Semnan University of Medical Sciences, Basij Blvd

City

Semnan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for research, Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Hossein Davari

Position

Msc in critical care nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Position

PhD of Health in Emergencies and Disasters

Other areas of specialty/work

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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