

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of lavender oil smell on the children's anxiety under dental treatments

#### Protocol summary

##### Summary

The purpose of this study is to research about the effects of aromatherapy inhalation on anxiety level of children referred for dental treatment. This single-blind clinical trial is going to be done on 34 Children , referred for dental treatment. Inclusion criteria : Healthy children between 8-10 years old, having ability to read and write, Exclusion criteria : Children under 8 or above 10 having any kind of disease. Patients are divided into two groups of 17, Group 1: In the first visit, they are going to be exposed to lavender odor, in the next visit, their dental treatment is going to be done without inhaling Lavender. Group 2: In the first visit, they wont be exposed to lavender odor but in the next one they will. During the time the patient is supposed to be exposed to Lavender smell, after 10-15 minutes of inhaling the Lavender , they are asked to fill out the CFSS-DS questionnaire in the waiting room. The child's behaviour will also be evaluated by a paedodontist during the treatment by frankle scale.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013022712638N1**

Registration date: **2013-06-13, 1392/03/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-06-13, 1392/03/23

##### Registrant information

###### Name

Sanaz Tahmourespour

###### Name of organization / entity

Islamic Azad University of Khorasgan ( Isfahan)  
Branch

##### Country

Iran (Islamic Republic of)

##### Phone

+98 31 1535 4001

##### Email address

sanaz\_t62@yahoo.com

##### Recruitment status

**Recruitment complete**

##### Funding source

Islamic Azad University Khorasgan ( Isfahan ) Branch

##### Expected recruitment start date

2013-02-19, 1391/12/01

##### Expected recruitment end date

2013-05-22, 1392/03/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of lavender oil smell on the children's anxiety under dental treatments

##### Public title

The effect of lavender oil smell on children's anxiety

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria : Healthy children; Children with age between 8-10 years; Having ability to read and write  
Exclusion criteria : Children with any kind of disease; children with age under 8 or above 10 years.

##### Age

From **8 years** old to **10 years** old

##### Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 34

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Crossover

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Islamic Azad University of Khorasgan( Isfahan) Branch

##### Street address

Islamic Azad University of Khorasgan, University Blvd., Arghavanieh, Eastern Jei Ave.

##### City

Isfahan

##### Postal code

۸۱۵۵۱۳۹۹۹۸

#### Approval date

2012-05-26, 1391/03/06

#### Ethics committee reference number

91030609507

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety

#### ICD-10 code

F40.2

#### ICD-10 code description

Specific (isolated) phobia

## Primary outcomes

### 1

#### Description

Anxiety

#### Timepoint

10 to 15 minutes

#### Method of measurement

CFSS-DS questionnaire

## Secondary outcomes

### 1

#### Description

The ability to accept treatment

#### Timepoint

One to two week

#### Method of measurement

Frankle scale

## Intervention groups

### 1

#### Description

Intervention group : exposure to the lavender odor for 10 to 15 minutes, we pour 5 drops of lavender oil in the aerator to let it's smell flow in the air.

#### Category

Treatment - Drugs

### 2

#### Description

Control group : Dental treatment without any intervention

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

IslamicAzad University of Khorasgan(Isfahan)Branch

##### Full name of responsible person

Sanaz Tahmourespour

##### Street address

Islamic Azad University of Khorasgan, University Blvd., Arghavanieh, Eastern Jei Ave.

##### City

Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

IslamicAzad University of Khorasgan(Isfahan) Branch

##### Full name of responsible person

Sanaz Tahmourespour

##### Street address

Islamic Azad University of Khorasgan, University Blvd., Arghavanieh, Eastern Jei Ave.

##### City

Isfahan

#### Grant name

#### Grant code / Reference number

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

**Title of funding source**  
IslamicAzad University of Khorasgan(Isfahan) Branch

**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**  
*empty*

**Type of organization providing the funding**  
*empty*

## Person responsible for general inquiries

### Contact

**Name of organization / entity**  
Islamic Azad University of Khorasgan(Isfahan) Branch

**Full name of responsible person**  
Sanaz Tahmourespour

**Position**  
Resident in paediatric dentistry

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

### Contact

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**Full name of responsible person**  
Neda Ahmadi Rozbahani

**Position**  
Assistant professor of Pediatric Dentistry

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## Person responsible for updating data

### Contact

**Name of organization / entity**  
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**Full name of responsible person**  
Mitra Hajari

**Position**  
Dentist

**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*