

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Effect of Rose water(*Rosa damascene*) Aroma on anxiety of hemodialysis patients

Protocol summary

Summary

The main treatment of CRF patients is hemodialysis which can cause numerous psychosocial problems for them. Anxiety is the most common problem of these patients today. This is randomized clinical trial. The aim of the current study is to assess the effect of Rose water aroma on anxiety of hemodialysis patients. This study is done on 50 hemodialysis patients in Vali Asr hospital in Birjand, Iran who have inclusion criteria. 50 patients will be randomly divided into 2 groups (intervention group & control group). Inclusion criteria: at least 2 time hemodialysis weekly; at least 6 months hemodialysis background; having no acute stressor in 6 months later and no anti anxiety drug use and no breath and smell problems. Exclusion criteria: by each reason that can cause patient miss to join in survey (kidney transplant, coma, death ...), consent to continue study. Intervention group will breathe 3 gtt Rose- water before sleep every night and before hemodialysis time for 4 weeks and in the control group will be no intervention. Shpilburger standard instrument will be use to evaluate intervention and control groups anxiety at the end of second and fourth Weeks. The gathered data will be analyzed by spss software in significant level of $p < 0.05$.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013052613476N1**

Registration date: **2013-08-12, 1392/05/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-08-12, 1392/05/21

Registrant information

Name

Farzaneh Barati

Name of organization / entity

Birjand University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 56 1444 3041

Email address

farzanehb86@bums.ac.ir

Recruitment status

Recruitment complete

Funding source

Birjand University of Medical Sciences

Expected recruitment start date

2013-06-10, 1392/03/20

Expected recruitment end date

2013-06-17, 1392/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Rose water(*Rosa damascene*) Aroma on anxiety of hemodialysis patients

Public title

Effect of Rose water Aroma on anxiety of hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: at least 2 time hemodialysis weekly; at least 6 months hemodialysis background; having no acute stressor in 6 months later and no anti anxiety drug use and no breath and smell problems. Exclusion

criteria:by each reason that can cause patient miss to join in survey (kidney transplant , coma ,death ...) , consent to continue study.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 50

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Birjand University of Medical Sciences

Street address

South Khorasan, Birjand,Ghaffari St, Birjand University of Medical Sciences

City

birjand

Postal code

379-97175

Approval date

2013-05-05, 1392/02/15

Ethics committee reference number

92-02-02

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Anxiety

Timepoint

Before intervention, end of the second week and at the end of the fourth week

Method of measurement

Spilberger questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group will breath 3 gtt Rose- water before night sleep and before hemodialysis for 4 week. In the control group will be no intervention

Category

Treatment - Drugs

2

Description

Control group: in the control group will be no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Valiasr hospital

Full name of responsible person

Street address

Ghaffari st

City

Birjand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Birjand University of Medical Sciences

Full name of responsible person

Gholamreza Sharifzadeh

Street address

Ghaffari st

City

Birjand

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source
Birjand 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
Birjand University of Medical Sciences

Full name of responsible person
Farzaneh Barati

Position
Master of nursing

Other areas of specialty/work

Street address
Ghaffari st

City
Birjand

Postal code

Phone
+98 56 1444 3041

Fax

Email
farzanehb86@bums.ac.ir; farzanehb86@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Farzaneh Barati

Position
Master of nursing

Other areas of specialty/work

Street address
South Khorasan, Birjand, Birjand University of Medical

Sciences

City
Birjand

Postal code
379-97175

Phone
+98 56 1444 3041

Fax
+98 44 30076

Email
farzanehb86@yahoo.com; farzanehb86@bums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Farzaneh Barati

Position
Master of nursing

Other areas of specialty/work

Street address
South Khorasan, Birjand, Birjand University of Medical Sciences

City
Birjand

Postal code
379-97175

Phone
+98 56 1444 3041

Fax
+98 56 1443 0076

Email
farzanehb86@yahoo.comfarzanehb86@bums.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