

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The Comparison Of Aromatherapy And Massage On The Severiety Of Pain: Fatigue And Morning Stiffness In Patients With Knee-Osteoarthritis in Shahrekord in 2016.

Protocol summary

Summary

This study is a randomized clinical trial. 93 patients with osteoarthritis of the knee who have the inclusion criteria of the study are selected by convenient sampling method and are randomly divided into three groups. All three groups are receiving physiotherapy. A massage group (N= 31) who receives ten session of twenty minutes of classic massage with 3cc of Sweet oil on knee within 4 weeks. Aromatherapy group (N= 31) In this group for 3 nights a week, for a month, two drops of lavender essential on a cotton ball from 10 pm to 7 am done and control group (N= 31) for this group only physiotherapy used. Changes from before the intervention, after intervention, fifth session after the intervention and tenth session after intervention are assessed on knee pain intensity, fatigue and stiffness level by VAS (Visual Analogue Scale) and MFI (multidimensional fatigue inventory) and KOOS (Knee injury and Osteoarthritis Outcome Score) questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062113768N8**

Registration date: **2016-12-11, 1395/09/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-11, 1395/09/21

Registrant information

Name

Ali Hassanpour Dehkordi

Name of organization / entity

Shahrekord Medical University of Sciences

Country

Iran (Islamic Republic of)

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Email address

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Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2016-09-20, 1395/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison Of Aromatherapy And Massage On The Severiety Of Pain: Fatigue And Morning Stiffness In Patients With Knee-Osteoarthritis in Shahrekord in 2016.

Public title

The Effect Of Massage And Aromatherapy On Knee Osteoarthritis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Having Osteoarthritis of grade 2 or 3 based on the grading system kellgren-lawrence; Approved osteoarthritis knee by Rheumatologist; Having the disease for at least 6 months and a maximum of 5 years; No history of local skin infections, open wounds;

deep vein thrombosis and varicose veins in the areas of massage; Age between 40-65 years; Having a history of other autoimmune diseases such as lupus erythematosus and rheumatoid arthritis; No history of chronic diseases such as diabetes neuropathy; NSAID prescribed for knee pain during the study; Not taking medications intra-articular injection of 3 months ago; No history of knee surgery and severe trauma knee; No history of asthma and heart disease. exclusion criteria: Lack of follow-up ; exacerbation of symptom; Loss of smell.

Age

From **50 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **93**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shahrekord University Of Medical Sciences

Street address

Vice Chancellor for research of Shahrekord University of Medical Sciences, Kashani Blvd, Shahrekord, Chaharmahal Va Bakhtiari, Islamic Republic Of Iran

City

Shahrekord

Postal code

Iran

Approval date

2016-05-07, 1395/02/18

Ethics committee reference number

IR.SKUMS.REC.1395.43

Health conditions studied

1

Description of health condition studied

osteoarthritis

ICD-10 code

M15, M19

ICD-10 code description

Arthrosis

Primary outcomes

1

Description

Morning stiffness

Timepoint

Before intervention-after intervention(fifth session)-after intervention(tenth session)

Method of measurement

Knee injury and Osteoarthritis Outcome Score (KOOS)

2

Description

Fatigue

Timepoint

Before intervention-after intervention(fifth session)-after intervention(tenth session)

Method of measurement

MFI)) multidimensional fatigue inventory

3

Description

Pain

Timepoint

Before intervention-after intervention(fifth session)-after intervention(tenth session)

Method of measurement

Knee injury and Osteoarthritis Outcome Score (KOOS)-VAS

Secondary outcomes

empty

Intervention groups

1

Description

Massage group ,addition physiotherapy receives ten session of twenty minutes of classic massage with 3cc of Sweet oil on knee within 4 weeks.

Category

Treatment - Other

2

Description

Aromatherapy group: addition physiotherapy for 3 nights a week, , for a month, two drops of lavender essential on a cotton ball from 10 pm to 7 am done

Category

Treatment - Other

3

Description

Control group: for this group only physiotherapy used .

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ethics committee of Shahrekord University Of Medical Sciences

Full name of responsible person

Ali Hassanpour Dehkordi

Street address

Shahrekord University of Medical Sciences, Kashani Blvd, Shahrekord, Chaharmahal Va Bakhtiar

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2

Recruitment center

Name of recruitment center

Educational Clinic of rheumatology and orthopedics

Full name of responsible person

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Street address

Imam Ali Subspecialty Clinic, Shariati Boulevard, Shahrekord, Chaharmahal Va Bakhtiari

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University Of Medical Sciences

Full name of responsible person

Dr Ali Hassapour Dehkordi

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Shahrekord University of Medical Sciences, Kashani Blvd, Shahrekord, Chaharmahal Va Bakhtiari

City

Shahrekord

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahrekord 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

Shahrekord University Of Medical Science

Full name of responsible person

Fariba Kabiri

Position

Director of Research -phd in nursing

Other areas of specialty/work

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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