Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Cardamom aromatherapy on nausea and vomiting induced by chemotherapy in cancerous patients

Protocol summary

Summary

The aim of this study is to determine the effects of Cardamom aromatherapy on the nausea and vomiting induced by chemotherapy in cancerous patients. The design is a categorized-blocked randomized clinical trial conducted through the single-blinded randomized with a placebo control group. The categorized-blocked allocation method will be based on the type of chemotherapy medication and gender. 58 cancer patients undergoing chemotherapy in the Shaheed Beheshti Hospital and of Imam Khomeini Clinic in Hamadan will be participated. Inclusion criteria are: having aged 65-18 years and nausea in the acute phase of chemotherapy no history of asthma and vegetable essence oils allergies. Exclusion criteria include: having vomiting without nausea before performing the intervention. The patients will be randomly assigned to the experimental group or the control group after expressing their nausea and signing the informed consent. The patients' nausea is determined by VAS at the entrance to the study. Then, the patients in the experimental group will receive three deep breaths with the essential oil of cardamom soaked pads and the patients in the control group will receive three deep breaths with the placebo (distilled water) soaked pads. 5 minutes later, the nausea of the patients in the both groups are measured by VAS. If nausea remains, the intervention will be repeated and again after 5 minutes the nausea is measured according to VAS. The frequency of their retching and vomiting in the acute phase of chemotherapy are assessed after the implementation of research protocols in both groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013071013936N1**

Registration date: **2013-12-06, 1392/09/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-12-06, 1392/09/15

Registrant information

Name

Zahra Khalili

Name of organization / entity

Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1828 0332

Email address

z.khalili@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research Hamadan University of Medical Sciences

Expected recruitment start date

2013-12-06, 1392/09/15

Expected recruitment end date

2014-05-05, 1393/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Cardamom aromatherapy on nausea and vomiting induced by chemotherapy in cancerous patients

Public title

The effects of the Cardamom aroma on the nausea and vomiting induced by chemotherapy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-65 years old; having a healthy olfactory; no history of asthma; no allergies to herbal essences; no history of chronic obstructive pulmonary disease; absence nausea due to the other reason verified by the physician; expression nausea after starting chemotherapy in the acute phase. Exclusion criterion: vomiting without nausea before the intervention protocol.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **56**

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

Ethics Committee of the Hamadan University of Medical Sciences

Street address

Fahmideh St., University of Medical Sciences, Hamedan

City

Hamaden

Postal code

8698365178

Approval date

2013-09-09, 1392/06/18

Ethics committee reference number

1683/9/35/16/پ

Health conditions studied

1

Description of health condition studied

Malignant neoplasm

ICD-10 code

C00-97

ICD-10 code description

Malignant neoplasms

Primary outcomes

1

Description

The severity of nausea induced by chemotherapy

Timepoint

Before the experiment, 5 minutes after the first intervention, and 5 minutes after second intervention

Method of measurement

Visual Analog Scale (VAS)

Secondary outcomes

1

Description

Number of vomiting

Timepoint

In the acute phase after research protocol intervention

Method of measurement

Frequency and/or multiple-choice questionnaire

2

Description

Number of retching

Timepoint

In the acute phase of chemotherapy after protocol implementation

Method of measurement

Frequency and/or multiple-choice questionnaire

Intervention groups

1

Description

The patients in the control group will receive the placebo. In order to prepare the placebo, two 2" × 2" gas pads will be soaked with 2 ml of distilled water put in a zipper plastic bag. The patients asked to inhale three deep breaths of placebo after rating her/him nausea severity according to VAS. 5 minutes later, the nausea of the patients is measured by VAS. Then, if nausea remains, the intervention will be repeated and again after 5 minutes the nausea is measured according to VAS. The frequencies of their retching and vomiting in the acute phase of chemotherapy are assessed after the implementation of research protocol.

Category

Placebo

2

Description

The patients in the experimental group will receive the essential oil of cardamom. In order to prepare the essential oil of cardamom, two 2" × 2" gas pads will be soaked with 2 drops of essential oil of cardamom and 2 ml of distilled water put in a zipper plastic bag. The patients asked to inhale three deep breaths of the cardamom essential oil pads after rating her/him nausea severity according to VAS. 5 minutes later, the nausea of the patients is measured by VAS. Then, if nausea remains, the intervention will be repeated and again after 5 minutes the nausea is measured according to VAS. The frequencies of their retching and vomiting in the acute phase of chemotherapy are assessed after the implementation of research protocol.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Beheshti Educational and Medical Center

Full name of responsible person

Zahra Khalili

Street address

Hamedan, Eram Blv. Beheshti Educational and Medical Center

City

Hamadan

2

Recruitment center

Name of recruitment center

Clinic of Imam Khomeini

Full name of responsible person

Zahra Khalili

Street address

Hamadan, Mirzadeheshghi St. Clinic of Imam Khomeini

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamadan University of Medical Sciences, Vice chancellor for Research.

Full name of responsible person

Dr. Saeed Bashirian

Street address

Fahmideh St., University of Medical Sciences, Hamadan

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamadan University of Medical Sciences, Vice chancellor for Research.

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

Hamadan, University of Medical Sciences

Full name of responsible person

Zahra Khalili

Position

Critical Care Nursing Graduate Student

Other areas of specialty/work

Street address

Fahmideh St., Hamadan University of Medical Sciences

City

Hamadan

Postal code

8698365178

Phone

+98 81 1838 0319

Fax

+98 81 1838 0447

Email

z.khalili@umsha.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mother and Child Care Research Center, Hamedan University of Medical Sciences

Full name of responsible person

Dr. Mahnaz Khatiban

Position

Ph.D. in Nursing

Other areas of specialty/work

Street address

Fahmideh St., Hamadan University of Medical Sciences

City

Hamadan
Postal code
8698365178
Phone
+98 81 1838 0150
Fax
+98 81 1838 0447
Email
m-khatiban@umsha.ac.ir;
mahnaz.khatiban@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Hamadan University of Medical Sciences
Full name of responsible person
Zahra Khalili
Position
Critical Care Nursing Graduate Student
Other areas of specialty/work
Street address
Fahmideh St., Hamadan University of Medical Sciences
City
Hamadan
Postal code
Phone
+98 81 1838 0319
Fax
+98 81 1838 0447
Email
z.khalili@umsha.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