

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

Survey Effect of aromatherapy with lavender on the quality of sleep in Nursing students

Protocol summary

Summary

This study aims to examine the effects of aromatherapy with lavender on the quality of sleep among the nursing student. This research is a Single blind clinical trial conducted on 60 of first and second semester nursing students of Arak University. Participants were randomly categorized into two groups of intervention and control. In intervention group were asked to apply 2ggt lavender essential oil on a piece of cotton wool and place it at a distance of 20 cm for 7 nights a week. distilled water were used as placebos in control groups. The study was blinded for groups. Pittsburgh Sleep Quality Index (PSQI) was used for data gathering and Sleep Quality was administered to both groups before and after aromatherapy

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014062814340N2**

Registration date: **2014-08-02, 1393/05/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-08-02, 1393/05/11

Registrant information

Name

Soheila Shamsikhani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3502

Email address

shamsikhani@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences.

Expected recruitment start date

2012-09-22, 1391/07/01

Expected recruitment end date

2013-07-17, 1392/04/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey Effect of aromatherapy with lavender on the quality of sleep in Nursing students

Public title

Effect of aromatherapy with lavender oil on the quality of sleep

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: females ; Not living in Dormitory;No known psychiatric & physical disorders ;No consumption of Sleep medication, anti depression ;No history of migraine headaches;No known history of asthma and allergies Exclusion criteria:Participants were excluded if they experienced crisis or unforeseen event during the study

Age

From **18 years** old to **30 years** old

Gender

Female

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)

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 Arak University of Medical Sciences

Street address

Sardasht

City

Arak

Postal code

Iran

Approval date

2012-07-02, 1391/04/12

Ethics committee reference number

14-128-91

Health conditions studied

1

Description of health condition studied

quality of sleep

ICD-10 code

G47.8

ICD-10 code description

Other sleep disorders

Primary outcomes

1

Description

sleep quality

Timepoint

Before the intervention and a week after intervention

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

empty

Intervention groups

1

Description

Two drops of lavender essential oil prepared on non-absorbent paper and be kept for 20 minutes at a distance of 20 cm Front nose with deep breathing , the procedure repeated for 7 night

Category

Other

2

Description

Two drops of Distilled water prepared on non-absorbent paper and be kept for 20 minutes at a distance of 20 cm Front nose with deep breathing , the procedure repeated for 7 night

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Faculty of Nursing of Arak University of Medical Sciences

Full name of responsible person

Soheila Shamsikhani

Street address

Saradasht

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Arak University of Medical Sciences.

Full name of responsible person

Dr. Said Changizi Ashtiyani

Street address

Arak University of Mdicl Sciences, Sardasht

City

Arak

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, Arak 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

Arak University of Medical Sciences

Full name of responsible person

Soheila Shamsikhani

Position

MSc Nursing/Faculty Member

Other areas of specialty/work

Street address

Nursing and Midwifery Faculty, Sardasht st

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Soheila Shamsikhani

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Person responsible for updating data

Contact

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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