Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 2gtt 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
Ehics commitee 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 Mdical 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

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Nursing and Midwifery Faculty, Sardasht st

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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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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