

# 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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**Web page address**

**Person responsible for scientific inquiries**

**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*