

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Protocol summary

Summary

The aim of this study was to investigate The effect of aromatherapy on level of Exam anxiety among nursing students in Alborz university of medical sciences. This is a Triple blind clinical trial on 100 nursing students of Alborz university of medical sciences. Students who met the inclusion criteria and completed the written informed consent were assigned randomly (Using random number table) into the group A and group B. Then, the students were asked to place the Bottle of aroma (lavender or sterile water) at a distance of 5 cm of nose and inhale for 10 minutes. Half of bottles full filled by 5 drops of lavender essential oil and half of them fulfilled by 5 drops of sterile water and labeled as A or B and was blind for subjects, researchers and analyzer. Vital signs and Spielberger State-Trait Anxiety Inventory were measured and recorded at baseline and 5 minutes after intervention and after exam in to distinct classes for group A and group B. after analysis, content of each bottle was disclosed

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013082114423N1**

Registration date: **2013-09-17, 1392/06/26**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-09-17, 1392/06/26

Registrant information

Name

Sahar Khoshkesht

Name of organization / entity

Alborz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 26343360079

Email address

khoshkesht.s@abzums.ac.ir

Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2014-01-13, 1392/10/23

Expected recruitment end date

2014-02-12, 1392/11/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Public title

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: No history of smelling disorder that would interfere with the sense of aroma; No history of seasonal allergies to the blooming of trees and flowers in the spring; No familiarity or use of aromatherapy; No history of active symptomatic diseases (Cardiac disease, Respiratory disease, Epileptic seizure, Skin disorder and

Allergy); No history of mental disorder and use of drugs; No history of use of stress reduction methods such as Relaxation, Music therapy, ...before exam; No history of acute anxiety such as family death, change of affective relationship... at least one months before and within the study Exclusion Criteria: having bad Sense within aromatherapy

Age

From **18 years** old to **35 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Triple blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Alborz University of Medical Science

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Approval date

2013-09-04, 1392/06/13

Ethics committee reference number

2250662

Health conditions studied

1

Description of health condition studied

Exame anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

Primary outcomes

1

Description

Anxiety

Timepoint

Pre and 5 minute after intervention and after exam

Method of measurement

Spielberger's State Anxiety Inventory

Secondary outcomes

1

Description

Vital Sign

Timepoint

Pre and 5 minute after intevention and after exam

Method of measurement

Blood pressure measure with cuff, Radial puls and Respiration measure with watch

Intervention groups

1

Description

Intervention group place the bottle of aroma (5 drops of lavender essential oil) at a distance of 5 cm of nose and inhale for 10 minutes. Allocation of intervention or control group was not recognized for subjects and researchers until complete analysis of data

Category

Other

2

Description

control group place the bottle of aroma (5 drops of sterile water) at a distance of 5 cm of nose and inhale for 10 minutes. Allocation of intervention or control group was not recognized for subjects and researchers until complete analysis of data

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Alborz University of Medical Sciences

Full name of responsible person

Sahar Khoshkesht

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City
Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Alborz University of Medical Science

Full name of responsible person

Dr. Korosh Kabir

Street address

Research & Technology Office., Alborz University of Medical Science., Yasamin St., Poneh St., - Golshahr Blv.,

City

Karaj

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Alborz University of Medical Science

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

Alborz University of Medical Sciences

Full name of responsible person

Sahar Khoshkesht

Position

BS, MSc, Faculty member of Nursing and Midwifery

Other areas of specialty/work

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Phone

+98 26 3433 6007

Fax

Email

khoshkesht.s@abzums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Alborz University of Medical Sciences

Full name of responsible person

Sahar Khoshkesht

Position

BS, MSc, Faculty member of Nursing and Midwifery

Other areas of specialty/work

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Phone

+98 26 3433 6007

Fax

Email

khoshkesht.s@abzums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Alborz University of Medical Sciences

Full name of responsible person

Sahar Khoshkesht

Position

BS, MSc, Faculty member of Nursing and Midwifery

Other areas of specialty/work

Street address

Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City

Karaj

Postal code

561-31452

Phone

+98 26 3433 6007

Fax

Email

khoshkesht.s@abzums.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