

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

Comparison the effect of aromatherapy with lavender and Rosa damascena essential oils on stress, anxiety, depression and cortisol levels in hemodialysis patients

Protocol summary

Summary

The aim of this study is to investigate the effect of aromatherapy on depression, anxiety and stress in hemodialysis patients . Design: This study is a clinical trial involving three groups.Group 1 (lavender), Group 2 (Rose) and control. Patients: A total of 90 participants were enrolled from 2 hemodialysis units at 2 hospitals (Shahid chamran and Baqiyatllah) in Tehran Inclusion criteria: ability to read and write ; Hemodialysis three times a week ; Over three months of dialysis treatment ; Informed consent to participate in the study; Lack of stressful events in the last 6 months ; Lack of sedative drugs, or use other methods to reduce anxiety ; No problems in sense of smell exclusion criteria : The problem occurred during the intervention ; absence of more than Three consecutive time ; Hospitalization for any reason intervention: Stress, anxiety and depression are measured before and after intervention by using questionnaires DASS21 . Cortisol levels before and after intervention in all groups will be measured . Then the results will be compared

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013101314998N1**
Registration date: **2014-10-25, 1393/08/03**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-10-25, 1393/08/03

Registrant information

Name

Ali Tayebi

Name of organization / entity

Baqiyatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 912 105 8516

Email address

tayebi@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Nephrology Research Center of Baqiyatallah University of Medical Sciences

Expected recruitment start date

2014-04-21, 1393/02/01

Expected recruitment end date

2014-06-22, 1393/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of aromatherapy with lavender and Rosa damascena essential oils on stress, anxiety, depression and cortisol levels in hemodialysis patients

Public title

Effect of aromatherapy on anxiety and depression in dialysis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: ability to read and write ; Hemodialysis three times a week ; Over three months of dialysis

treatment ; Informed consent to participate in the study;
Lack of stressful events in the last 6 months ; Lack of
sedative drugs, or use other methods to reduce anxiety ;
No problems in sense of smell exclusion criteria : The
problem occurred during the intervention ; absence of
more than Three consecutive time ; Hospitalization for
any reason

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Baqiyatqllah University of Medical Sciences

Street address

Mulla Sadra Street, Vanak Square, Tehran,
Baqiyatallah University of Medical Sciences

City

Tehran

Postal code**Approval date**

2014-01-05, 1392/10/15

Ethics committee reference number

4

Health conditions studied**1****Description of health condition studied**

hemodialysis

ICD-10 code

z49

ICD-10 code description

Care involving dialysis

Primary outcomes**1****Description**

Anxiety

Timepoint

Before and after intervention

Method of measurement

DASS21

2**Description**

Stress

Timepoint

Before and after intervention

Method of measurement

DASS21

3**Description**

Depression

Timepoint

Before and after intervention

Method of measurement

DASS21

Secondary outcomes**1****Description**

Cortisol levels

Timepoint

Before and after intervention

Method of measurement

Salivary cortisol testing

Intervention groups**1****Description**

Three drops of lavender essential oil was poured on
paper and The patients were asked to breathe normally
The intervention duration was one hour

Category

Treatment - Other

2**Description**

Three drops of Rose essential oil was poured on paper
and The patients were asked to breathe normally The
intervention duration was one hour

Category

Treatment - Other

3

Description

only Standard care in the control group

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Bagiyatallah hospital

Full name of responsible person

Ali Tayebi faculty member

Street address

Molla sadra Street , bagiyatallah hospital

City

Tehran

2

Recruitment center

Name of recruitment center

Shahid Chamran Hospital

Full name of responsible person

Mr. Seif Head Nurse

Street address

Tehran ,Highway Sayyad Shirazi , Sanaye St. Shahid Chamran Hospital

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Nephrology and Urology Research Center,
Baqiyatallah University of Medical Sciences

Full name of responsible person

Dr Einollahi

Street address

Mulla Sadra Street, Vanak Square, Tehran,
Baqiyatallah University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Nephrology and Urology Research Center, Baqiyatallah University of Medical Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

Neuroscience Research Center, Baqiyatallah University of Medical Sciences

Full name of responsible person

Dr Sahraei

Street address

Tehran; Nobonyad square , Araj Tee, Medical College ,
Baqiyatallah University of Medical Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Neuroscience Research Center, Baqiyatallah University of Medical Sciences

Proportion provided by this source

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

Baqiyatallah University of Medical Sciences, nursing College

Full name of responsible person

Alireza Kasra Dehkordi

Position

Msc student of critical care nursing

Other areas of specialty/work

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Position

Master of Nursing Education

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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