Clinical Trial Protocol
Iranian Registry of Clinical Trials

31 May 2026

Comparison the effects of aromatherapy with peppermint oil and routine drug for chemotherapy induced nausea and vomiting in patients with breast cancer

Protocol summary

Summary

The objective of this study is to determine the effect of Aromatherapy with peppermint oil on chemotherapy-induced nausea and vomiting in patients with Breast cancer. This study is a Randomized clinical trial. The study population included 100 women who referred to Rasoul Akram hospital and Cancer Institute of Iran. Inclusion criteria: patients Aged 18-65 years, who Receiving cisplatin and anthracycline for the first cycle of chemotherapy. Patients who are reluctant to complete the study or have allergy to peppermint oil will be excluded. After obtaining inform consent, convenience sampling method will be used to recruit the study subjects, then participants will randomly allocated to the intervention group and the control group. The intervention group, besides the standard medications prescribed by a doctor, will trained to pour 2 drops pure peppermint oil (Barij Essence Kashan) by dropper on a napkin (size 20 × 20 cm) and attach with a pin on their collar then will be asked for taking breathe normally for 20 minutes. They will teach to do it three times each day (morning, noon and evening) for five consecutive days. For control group will be used normal saline as a placebo. To assess the nausea and vomiting, Rhodes questionnaire will be completed for the subsequent 5 days by both the intervention and the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014050215649N2**
Registration date: **2014-11-14, 1393/08/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-11-14, 1393/08/23

Registrant information

Name
Mohammad Eghbali
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Recruitment status

Recruitment complete

Funding source

School of Nursing and Midwifery, Tehran University of Medical Sciences

Expected recruitment start date

2014-11-01, 1393/08/10

Expected recruitment end date

2015-04-30, 1394/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effects of aromatherapy with peppermint oil and routine drug for chemotherapy induced nausea and vomiting in patients with breast cancer

Public title

The effects of aromatherapy with peppermint oil for chemotherapy induced nausea and vomiting

Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria: patients Aged 18-65 years, who Receiving cisplatin and anthracycline for the first cycle of chemotherapy, Healthy sense of smell. Exclusion criteria: reluctant to complete the study or have allergy to peppermint oil.
Age
From **18 years** old to **65 years** old
Gender
Female

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)
Not 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 Tehran University of Medical Science
Street address
Sixth Floor, Central Organization of University, Qods St, Keshavarz Blvd
City
Tehran
Postal code
Approval date
2014-05-18, 1393/02/28
Ethics committee reference number
93/02/28/25630

Health conditions studied

1

Description of health condition studied
Nausea and vomiting
ICD-10 code
R11
ICD-10 code description
Nausea and vomiting

Primary outcomes

1

Description
Acute and delayed nausea
Timepoint
Data are gathered for five days after starting chemotherapy
Method of measurement
Rhodes Questionnaire

Secondary outcomes

1

Description
Acute and delayed vomiting
Timepoint
Data are gathered for five days after starting chemotherapy
Method of measurement
Rhodes Questionnaire

Intervention groups

1

Description
The intervention group, besides the standard medications prescribed by a doctor, will trained to pour 2 drops pure peppermint oil (Barij Essence Kashan) by dropper on a napkin (size 20 × 20 cm) and attach with a pin on their collar then will be asked for taking breathe normally for 20 minutes. They will teach to do it three times each day (morning, noon and evening) for five consecutive days
Category
Prevention

2

Description
For control group will be used normal saline as a placebo.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasoul akram hospital
Full name of responsible person
Mohammad Eghbali
Street address
Niayesh St, sattarkhan St.

City
Tehran

2

Recruitment center
Name of recruitment center
Cancer Institute of Imam Khomeini Hospital in Tehran
Full name of responsible person
Mohammad Eghbali
Street address
Cancer Institute Central 2, Dr. Gharib St.
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Tehran University of Medical Sciences
Full name of responsible person
Doctor Masood Younesian - Vice President of Research and Technology
Street address
Keshavarz St, Qods St., Central Building, Sixth Floor, Tehran University of Medical Sciences, Tehran
City
Tehran
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, Tehran 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
Tehran University of Medical Sciences
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Person responsible for updating data

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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