

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

22 Jun 2026

### The effect of inhalation aromatherapy on anxiety level of the patient before coronary artery bypass graft surgery.

#### Protocol summary

##### Summary

This study compared the effects of lavender essence inhalation on the level of anxiety in coronary artery bypass graft surgery patients. Inclusion criteria included people over 18 years old; more than 20 anxiety score on Spielberger questionnaire; lack of drug addiction; no history of allergies to plants; non-psychiatric and anti-anxiety drugs and the patient's desire to withdraw from the study is the exclusion criterion. The study populations are 64 patients candidate for coronary artery bypass graft surgery in Afshar hospital, Yazd, Iran. Intervention methods: the evening of day before surgery, after completing the consent form, demographic and vital signs measured and recorded and the gauges Spielberger Anxiety Inventory, which contains 20 questions to be completed. The patients in the intervention group paper impregnated with 2 drops of lavender essential oil for 20 minutes and the control group paper impregnated with 2 drops of distilled water to be inhaled. After 20 minutes, once a patient has completed the questionnaire and vital signs are recorded.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2014012116146N2**

Registration date: **2014-02-24, 1392/12/05**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2014-02-24, 1392/12/05

##### Registrant information

**Name**

Hossein Zare Zardini

##### Name of organization / entity

Shahid Sadoughi University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 1824 5317

##### Email address

emamhossein\_hospital@mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Shahid Sadoughi University of Medical Sciences

##### Expected recruitment start date

2014-02-20, 1392/12/01

##### Expected recruitment end date

2014-08-23, 1393/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of inhalation aromatherapy on anxiety level of the patient before coronary artery bypass graft surgery.

##### Public title

The effect of inhalation aromatherapy on anxiety level

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: patients candidates for coronary artery bypass graft surgery; age more than 18 years old; admitted in heart surgical ward one day before surgery; ability for read and write, score over 20 on the Spielberger questionnaire; no history of previous heart surgery; no history of allergies to plants; non-impaired sense of smell; no acute pain at the time of intervention;

lack of drug addiction; lack of psychiatric drugs use; fill out the consent form. Exclusion criterion: patients tend to withdraw from the study.

### Age

From **18 years** old to **90 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **64**

### 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

Shahid Sadoughi University of Medical Sciences

##### Street address

Yazd-Shahid Sadoughi University of Medical Sciences

##### City

Yazd

##### Postal code

#### Approval date

2014-02-08, 1392/11/19

#### Ethics committee reference number

223119

## Health conditions studied

### 1

#### Description of health condition studied

Anxiety

#### ICD-10 code

F41.1

#### ICD-10 code description

Generalized anxiety disorder

## Primary outcomes

### 1

#### Description

anxiety

#### Timepoint

Before and after intervention

#### Method of measurement

Spielberger questionnaire

## Secondary outcomes

### 1

#### Description

Vital sign

#### Timepoint

Before and after intervention

#### Method of measurement

Manometer- inspection

## Intervention groups

### 1

#### Description

Intervention group: inhalation of 2 drop of lavender oil for 20 minute on the evening of day before surgery.

#### Category

Treatment - Drugs

### 2

#### Description

Control group: inhalation of two drops of distilled water as placebo for 20 minute on the evening of day before surgery.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Afshar Hospital

##### Full name of responsible person

Hossien Zare Zadini

##### Street address

##### City

Yazd

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahid Sadoughi University of Medical Sciences

##### Full name of responsible person

Mr Mirhosseini

##### Street address

Yazd -Afshar Hospital

**City**

Yazd

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Shahid Sadoughi 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**

Shahid Sadoughi University of Medical Sciences

**Full name of responsible person**

Hossein Zare Zardini

**Position**

MSc student of critical care nursing

**Other areas of specialty/work**

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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*