

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jul 2026

### The effect of lavender aromatherapy on stress and fertility rate in infertile women who are candidate for In Vitro Fertilization (IVF)

#### Protocol summary

##### Summary

The objective of this study is to determine the effect of lavender aromatherapy on stress and fertility rate in infertile women who are candidate for In vitro fertilization (IVF). This study, clinical trials, single-blind, placebo-control, single center are conducted in Arash women's hospital. In the pilot study section , among women with infertility who will scheduled for IVF 40 women participated in this study and divided in the two groups (BMI- matched). Exclusion criteria include having anatomical abnormalities in the head and neck, especially nose area or any condition that interferes with the sense of smell. Before IVF the percent of total body fat mass, visceral fat, the rate of metabolism at rest (RMR) and BMI were measured for all participants by Body Composer Monitor-omron (Made in Japan, Model 511 BF). Half an hour before IVF procedure in Lavender group, women smell a piece of cotton with 5 drop of Lavender (that placed in a glass bottle) in 10 centimeter distance from their nose for 5 minute. In control group, participants smell a piece of cotton with inter substance. Standardized questionnaire to evaluate Depression and Anxiety before the intervention and immediately before IVF are completed by patients. Then the intensity of anxiety and infertility rate are compared between two groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201404081952N4**

Registration date: **2014-04-19, 1393/01/30**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2014-04-19, 1393/01/30

##### Registrant information

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Ashraf Moini

###### Name of organization / entity

Tehran University of Medical sciences

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##### Recruitment status

###### Recruitment complete

##### Funding source

Tehran University of Medical Sciences

##### Expected recruitment start date

2014-04-22, 1393/02/02

##### Expected recruitment end date

2015-04-22, 1394/02/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of lavender aromatherapy on stress and fertility rate in infertile women who are candidate for In Vitro Fertilization (IVF)

##### Public title

The effect of lavender smelling on stress and fertility rate in infertile women who are candidate for In Vitro Fertilization

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: infertile women who are candidate for In Vitro Fertilization (IVF). Exclusion criteria: having anatomical abnormalities in the head and neck, especially nose area or any condition that interferes with their sense of smell

**Age**

No age limit

**Gender**

Female

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 40

**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**

Tehran University of Medical Sciences

**Street address**

Qods St, Keshavarz Blvd

**City**

Tehran

**Postal code****Approval date**

2013-07-16, 1392/04/25

**Ethics committee reference number**

92-01-39-21705-89412

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

Infertility

**ICD-10 code**

N97

**ICD-10 code description**

Female infertility

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

The rate of anxiety

**Timepoint**

Before and after intervention

**Method of measurement**

questionnaire

**Secondary outcomes**

empty

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

Intervention group: Half an hour before IVF procedure, women smell a piece of cotton with 5 drop of Lavender (that placed in a glass bottle) in 10 centimeter distance from their nose for 5 minute

**Category**

Treatment - Drugs

**2****Description**

Control group: Half an hour before IVF procedure, women smell a piece of cotton with 5 drop of inter substance (that placed in a glass bottle) in 10 centimeter distance from their nose for 5 minute

**Category**

Treatment - Drugs

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Arash Women's Hospital

**Full name of responsible person**

Dr Afsaneh Moini

**Street address**

Arash Women 's Hospital, Rashid Ave, Resalat Highway, Tehranparse,Tehran, Iran

**City**

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**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Tehran University of Medical Sciences , Deputy of Research

**Full name of responsible person**

Dr akbare Fotohi

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Qods St, Keshavarz Blvd  
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**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Tehran University of Medical Sciences , Deputy of Research  
**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

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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*