

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jun 2026

The effects of inhalation aromatherapy on nausea severity in patients admitted for abdominal surgery

Protocol summary

Summary

This clinical trial is performed on 120 patients admitted in the surgical ward of Imam Reza Hospital of Kermanshah. During this randomized clinical trials, the sample of research included abdominal surgery patients who experienced nausea in addition of other entrance criterion to be included in the study. First, the samples are chosen consciously and special features are recorded on an observational paper then, randomly divide into three groups(two intervention group and a control group). In the first group that received inhalation aromatherapy, we Used the solution that contains Peppermint extract(0/2 ml of peppermint solution 10% in 2 ml of distilled water) for 5 minute. In the other group that received inhalation aromatherapy, we used the solution that contains Peppermint extract(0/2 ml of peppermint solution 30% in 2 ml of distilled water) for 5 minute.The Desired solutions(0/2 ml of peppermint solution in 2 ml of distilled water) were shed on the non Sterile gaz and the non sterile gaxis subjected to the patient's nose in a distance of 5 cm for 5 minutes. This done after patient transferring from operating room to the surgical ward and stabilizing their vital signs. Nausea severity is Measured 5 and 10 min after the intervention. In the control group, at the same intervals, distilled water is used. Before and after intervention, nausea severity is measured in each group and comparison is done between 3 group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014041417267N1**

Registration date: **2014-05-25, 1393/03/04**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-05-25, 1393/03/04

Registrant information

Name

Jahangir Rezaie

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 83 1828 2102

Email address

j-rezaie@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University of Medical Sciences

Expected recruitment start date

2014-06-22, 1393/04/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of inhalation aromatherapy on nausea severity in patients admitted for abdominal surgery

Public title

The effect of peppermint on nausea severity.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patients has been undergoing

abdominal surgery; Having a good sense of smell(Ability to detect the scent of peppermint); Ages between 15 to 65 years; Having a good eyesight(to detect the severity of nausea on VAS); Having consciousness; Not suffering from asthma and other allergic diseases; Non-smoking; Receiving a type of anesthesia(general); Receiving a group of drug during anesthesia(Nesdonal and Isoflurane). Exclusion Criteria: Patient with lack of cooperation during the study; Loss of consciousness; Receiving Antiemetic drugs; Receiving narcotic drug(Morphine and Pethidine)during the study.

Age

From **15 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Kermanshah University of Medical Sciences

Street address

Shahid Beheshti Blvd, Kermanshah

City

Kermanshah

Postal code

6777136866

Approval date

2014-03-04, 1392/12/13

Ethics committee reference number

1691

Health conditions studied

1

Description of health condition studied

Nausea

ICD-10 code

R11

ICD-10 code description

Nausea and vomiting

Primary outcomes

1

Description

Nausea severity

Timepoint

Before the intervention, 5 and 10 minutes after intervention

Method of measurement

Visual Analog Scale to assessment of nausea

Secondary outcomes

empty

Intervention groups

1

Description

In this study the researcher, after patients transferring from operating room to the surgical ward and stabilizing their vital signs performs the intervention between 2 groups. In the first group that received inhalation aromatherapy, we used the solution that contains Peppermint extract(0/2 ml of peppermint solution 10% in 2 ml of distilled water) for 5 minute. In the other group that received inhalation aromatherapy, we used the solution that contains Peppermint extract(0/2 ml of peppermint solution 30% in 2 ml of distilled water) for 5 minute. The Desired solutions(0/2 ml of peppermint solution in 2 ml of distilled water) were shed on the non Sterile gaz and the non sterile gaz is subjected to the patient's nose in a distance of 5 cm for 5 minutes.

Category

Treatment - Other

2

Description

In the control group, distilled water is used. two ml of distilled water were shed on the non Sterile gaz and the non sterile gaz is subjected to the patient's nose in a distance of 5 cm for 5 minutes. Nausea severity is measured 5 and 10 min after the intervention with VAS(Visual Analog Scale) in control group and comparison is done between 3 group.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Reza Hospital, Kermanshah
Full name of responsible person
Yasin Ahmadi
Street address
Imam Reza Hospital, Nurse Blvd, Kermanshah
City
Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Dr. Farid Najafi
Street address
Vice Research and Technology Affair, No 2 Building,
Shahid Beheshti Blvd,
City
Kermanshah

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah 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
Kermanshah University of Medical Sciences
Full name of responsible person
Yasin Ahmadi
Position
Nurse
Other areas of specialty/work
Street address
Shahid Ahmadi Alley, Shahid Rajaie Street, Salas
Babajani, Kermanshah
City
Salas Babajani
Postal code
67771-36866
Phone
+98 932 672 2330
Fax
+98 83 2722 5254

Email

mallagyan492@gmail.com; sobaydarin@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Yasin Ahmadi
Position
Nurse
Other areas of specialty/work
Street address
Shahid Ahmadi Alley, Shahid Rajaie Street, salas
babajani
City
Salas Babajani
Postal code
67771-36866
Phone
+98 83 2672 2330
Fax
+98 83 2722 5254
Email
mallagyan492@gmail.com; sobaydarin@yahoo.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences
Full name of responsible person
Yasin Ahmadi
Position
Nurse
Other areas of specialty/work
Street address
Shahid Ahmadi Alley, Shahid Rajaie Street, Salas
Babajani
City
Salas Babajani
Postal code
67771-36866
Phone
+98 83 2672 2330
Fax
Email
mallagyan492@gmail.com
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