

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

The Effects of inhaling lavender oil on anxiety level of patients with myocardial infarction

Protocol summary

Summary

This randomized controlled clinical trial to evaluate the effect of inhaling lavender oil on anxiety level in 60 patients Myocardial Infarction in Alzahra Heart Hospital in Shiraz. After evaluating the inclusion and exclusion criteria, patients were allocated in two intervention(n=30) and control(n=30) groups randomly. Patients with Anxiety scale spielburger were measured before and after the intervention. The intervention group inhaled the essential oil of Lavender for three days for 20-30 minutes, using a non absorbent paper which was stained with three drops of lavender oil, three times a day. Same measured was done for the control group but sterile water was used instead of lavender oil.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014081718825N1**

Registration date: **2014-09-10, 1393/06/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-09-10, 1393/06/19

Registrant information

Name

Niloofar Mirbastegan

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 57 1444 6070

Email address

mirbastegan.n@gmail.com

Recruitment status

Recruitment complete

Funding source

Sabzevar University of Medical Sciences

Expected recruitment start date

2014-05-02, 1393/02/12

Expected recruitment end date

2014-06-29, 1393/04/08

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effects of inhaling lavender oil on anxiety level of patients with myocardial infarction

Public title

The Effects of inhaling lavender oil on anxiety

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Confirmed diagnosis of Myocardial Infarction(first and second, etc.); Age 30 to 70 years; Not any psychiatric disorder; Not any Alzheimer's disease; Not using anti-anxiety drugs; No drug addiction; Gaining more than 20 of the Spielberg State and trait anxiety questionnaires score; Patient agreement for participating in study; Hemodynamic stability. Exclusion criteria: Reluctance to continue participating in the exercises; Sudden change in the patient's hemodynamic status; Having a history of allergies.

Age

From **30 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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

Sabzevar University of Medical Sciences

Street address

Next to the police station to Shahroud road, Sabzevar.

City

Sabzevar

Postal code

Approval date

2014-04-28, 1393/02/08

Ethics committee reference number

medsab.REC.93.1

Health conditions studied

1

Description of health condition studied

Myocardial infarction disease

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention, 20 to 30 minutes, 3 times a day for 3 days, after intervention

Method of measurement

The questionnaire of Spielberger anxiety

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group: The questionnaire of demographic information and Spielberger state and trait anxiety are completed before intervention. The intervention group inhaled the essential oil of Lavender for three days for 20-30 minutes, using a non absorbent paper which was stained with three drops of lavender oil, three times a day. The questionnaire of demographic information and Spielberger state and trait anxiety are completed after intervention.

Category

Other

2

Description

Control group: The questionnaire of demographic information and Spielberger state and trait anxiety are completed before intervention. The control group inhaled the distilled water for three days for 20-30 minutes, using a non absorbent paper which was stained with three drops distilled water, three times a day. The questionnaire of demographic information and Spielberger state and trait anxiety are completed after intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra Heart Hospital in Shiraz.

Full name of responsible person

Niloofar Mirbastegan

Street address

Astaneh Street, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Moosareza Tadayonfar

Street address

School of Nursing and Midwifery, next to the police station to SHahroud road, Sabzevar.

City
Sabzevar

Grant name

Grant code / Reference number

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

Title of funding source
Sabzevar 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
Sabzevar University of Medical Sciences

Full name of responsible person
Niloofer Mirbastegan

Position
Master Student of Critical Care Nursing

Other areas of specialty/work

Street address
School of Nursing and Midwifery, next to the police station to SHahroud road, Sabzevar.

City
Sabzevar

Postal code

Phone
+98 57 1444 6070

Fax

Email
Mirbastegan.n@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Sabzevar University of Medical Sciences

Full name of responsible person
Javad Ganjloo

Position

MSc, Member of Faculty

Other areas of specialty/work

Street address
School of Nursing and Midwifery, next to the police station to SHahroud road, Sabzevar.

City
Sabzevar

Postal code

Phone
+98 57 1444 6070

Fax

Email
jganj@yahoo.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity
Sabzevar University of Medical Sciences

Full name of responsible person
Niloofer Mirbastegan

Position
Master Student of Critical Care Nursing

Other areas of specialty/work

Street address
School of Nursing and Midwifery, next to the police station to SHahroud road, Sabzevar.

City
Sabzevar

Postal code

Phone
+98 71 1736 5790

Fax

Email
mirbastegan.n@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