Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of inhalation aromatherapy with rose essential oil on anxiety level in patient undergoing coronary surgery

Protocol summary

Summary

We will conduct a single-blind randomized controlled trial to investigate the effect of inhalation aromatherapy with rose essential oil on the level of anxiety in patients before coronary artery bypass graft surgery. 66 patients will participate in this study and will divide into control and test groups. The patients in the test group, will inhale three drops of 4% rose essential oil that produced by Barij Essen's Co. Iran (kashan) for 10 min night and morning before surgery and the patients in control group will be done routine cares. The level of anxiety will evaluated by Spielberger's Anxiety questionnaire before and 30 minutes after intervention in the control and test groups. Main inclusion criteria are desiring to participate in the study, Insensitivity to essential oils and aromas, have age Equal or above 18 years old , be candidate for coronary bypass graft surgery. Main Exclusion criteria include showing allergy to rose essential inhalation during the study, Occurrence of respiratory problems during intervention, unwillingness to participate in or continue the study. In this study will investigated the effect of inhalation aromatherapy with rose essential oil on the level of anxiety in patients before coronary artery bypass graft surgery

General information

Acronym

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IRCT registration information

IRCT registration number: **IRCT2017091919677N5**
Registration date: **2017-11-13, 1396/08/22**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-11-13, 1396/08/22

Registrant information

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Recruitment status

Recruitment complete

Funding source

Deputy of Research of Mazandaran University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-03-21, 1397/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of inhalation aromatherapy with rose essential oil on anxiety level in patient undergoing coronary surgery

Public title

The effect of inhalation aromatherapy with rose essential oil on anxiety level in patient undergoing coronary surgery

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: The desire to participate in the study؛

Insensitivity to essential oils and aromas؛ have age Equal or above 18 years old؛ be candidate for coronary artery bypass graft surgery. Inclusion criteria: showing allergy to rose essential inhalation during the study؛ Occurrence of respiratory problems during intervention؛ unwillingness to participate in or continue the study.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **66**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The blocking method will be used for random allocation in groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee of Mazandaran university of Medical sciences

Street address
Mazandaran university of medical science,vice chancellor for resea

City
SARI

Postal code
4764996893

Approval date
2017-09-13, 1396/06/22

Ethics committee reference number
IR Mazums. Rec.10234

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F50-F59

ICD-10 code description
Behavioural syndromes associated with physiological disturbances and physical

Primary outcomes

1

Description
Anxiety

Timepoint
Immediately before intervention,The night before the operation,one hour before operation

Method of measurement
spielberger Anxiety questionnaire

Secondary outcomes

1

Description
Respiratory sensation and shorthness of breath

Timepoint
The night before the operation,One hour before operation

Method of measurement
Self-report questionnaire on possible complications

Intervention groups

1

Description
intervention group: 3 drop of essential oils of 4% rose manufacturing of Pharmaceutical Company Barij essence with manufacturing number 714043, will be shed by the dropper on the non absorbent cotton and at a distance of 20 cm from the patients nose. This will be attached to the patients clothes.The patients will be reacquired to inhale the breath of the scent.

Category
Other

2

Description
Control group: The routine cares will be done in this patients.

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Mazandaran Heart Center Hospital

Full name of responsible person
Fatemeh Fazlollahpoor

Street address
Mazandaran Heart Center Hospital, Artesh Blvd, sari, Mazandaran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for Research Mazandaran University of Medical Sciences
Full name of responsible person
Majid Saeedi(vicor)
Street address
Vice Chancellor for Research Mazandaran University of Medical Sciences, Moalem Street, Moalem Square, Sari, Iran
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Sari
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 Mazandaran 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
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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