Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of Aromatherapy with lavender oil on sleep quality in menopause women

Protocol summary

Summary

This study aims to examine the effects of aromatherapy using lavender essential oil on the quality of sleep among the menopause women. This research is a clinical trial conducted on(76) menopause women. Participants were randomly categorized into two groups of intervention and control (n=38)grop, Pittsburgh Sleep Quality Index (PSQI) was used for data gathering and was administered to both groups before and after aromatherapy. Inclusion criteria involved subjects passed 1 year of menopause, no background of asthma and allergy to flowers, no background of mental and physical disorders, no use of drug and alcohal. Exclusion criteria involved disease in research, allergy to Lavender aromatherapy, not aromatherapy for one week. Lavender essential oil used by in intervention group and distilled water was used as placebos in group control. The participants were asked to apply 2 drops of lavender essential oil or distilled water on a piece of cotton wool and place it beneath the exterior of their pillows for 3 nights in a week for 4 weeks. PSQI was completed by each subject of both groups after the intervention .

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015022321204N1**
Registration date: **2015-04-05, 1394/01/16**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-04-05, 1394/01/16

Registrant information

Name

Farzaneh Gholamalian

Name of organization / entity

Ahvaz University of Medical Science

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Recruitment status

Recruitment complete

Funding source

Jundishapour University of Medical Sciences and FacultyVice chancellor for research, Ahvaz of Arvand. Dr.Mostafa Feghhi. Golestan highway,Ahvaz, Khuzestan, Iran, Islamic Republic Of 61357-15794 00989134083774 00986113361544 mfeghhi@ajums.ac.ir

Expected recruitment start date

2015-02-22, 1393/12/03

Expected recruitment end date

2015-04-23, 1394/02/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Aromatherapy with lavender oil on sleep quality in menopause women

Public title

Effect of Aromatherapy on sleep quality

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Pass 1 year of menopause; having poor sleep quality; have not cure disease; have not deppration; use not drug&alcohalland cigrate; not use

hormontherapy, addiction to drugs, herbal remedies and alternative medicimn for 6 monthes ago. Exclusion criteria:History of early-menopause(<40); allergies to aromatherapy and lavender; smell disorders, reniit and asthma, history of psychiatric disorders; bad happen and situation; dont aromatherapy for one week.

Age
From **45 years** old to **65 years** old

Gender
Female

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **76**

Randomization (investigator's opinion)
N/A

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
Ethic committee Ahvaz University of Meddical Science

Street address
Golestan highwey

City
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iran

Approval date
2015-02-21, 1393/12/02

Ethics committee reference number
ajums.REC.1393.412

Health conditions studied

1

Description of health condition studied
Sleep Quality

ICD-10 code
G47.9

ICD-10 code description
Sleep Disorder, Unspecified

Primary outcomes

1

Description
Sleep Quality

Timepoint
Before intravertion, After 4 weeks

Method of measurement
Pittsburgh Sleep Quality Index

Secondary outcomes

1

Description
No

Timepoint
No Act

Method of measurement
No

Intervention groups

1

Description
Intervention grop: Treatment for3 night in the week continue for4 weekes2 drops of lavender essential oil product by "Barij Esans" Of kashan with quality certifed ISO9001 and have estandard IEC17/ISC,of stoech category floweres piece of cotton wool and place it beneath the exterior of their pillows on the participant’s pillow at night.

Category
Treatment - Other

2

Description
control group: 2 drop of plassebo(Distilled water)for3 night in the week continue for4 weekes, piece of cotton wool and place it beneath the exterior of their pillows .

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Num 2 East, Health Center

Full name of responsible person
Farzaneh Gholamalian

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"7 tir"Park, Rastegary Street, Behbahani highwey

City
Ahvaz

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Ahvaz Jundishapour University of Medical Sciences and Faculty of Arva
Full name of responsible person
Dr. Mostafa Feghhi
Street address
Golestan highway
City
Ahvaz
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, Ahvaz Jundishapour University of Medical Sciences and Faculty of Arva
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