

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

The effect of aromatherapy with essential oils of rose on blood pressure in patients with hypertension Bahraman city of Rafsanjan in 2016

Protocol summary

Summary

main outcome: This research is a clinical trial study that The aim of this study was to investigate the effect of essential oil of mohammadi flower on hypertension in 70 patients with hypertension in the city of Baharman. Patients with major conditions of entry into the study include the risk of having a blood pressure by controlling the blood pressure recorded in the previous three periods; Having primary blood pressure; Having hypertension in stage 1 and 2; Healthy feeling; Not sensitized to the essential oil of Mohammadi flower and a history of allergy or respiratory illness are included in the study. Also, the main outcomes of the study include the patient's unwillingness to continue the study; Sensitization during the implementation of the plan; Lack of cooperation in referring to the health center for controlling blood pressure; Neuropsychiatric patients taking medication and illnesses that cause the patient to use drugs that alter blood pressure during research. Design: After selecting eligible samples, patients will be divided into two intervention and control groups by random allocation method. Data gathering tool was a demographic questionnaire, digital blood pressure device. Setting and conduct: At the beginning of the work, the necessary permissions will be obtained from the Ethics Committee's officials and then all patients with hypertension with personal desire and consent will be studied after completing the demographic information questionnaire and according to entry criteria. Based on filtered and odorless sesame oil, 1% dilution is provided by the pharmaceutical company Baryj Essence. It is supplied to the aroma group in separate ejaculators for 2 weeks. In the placebo group, the filtered and non-odor sesame oils prepared by Barij Essence Pharmaceutical Company will be used in separate ejaculators for 2 weeks of use. Intervention: In the Aroma group, patients undergo aromatherapy for cotton for 2 minutes and for 2 weeks by inhalation. In the test group and placebo, aromatherapy is performed at a distance of 5 cm from

the nose. The procedure for performing aromatherapy at home is described to patients. Patients' blood pressure is taken one day before the intervention, after a ten minute rest from the left arm with a digital blood pressure device. Blood pressure measurement begins after the start of the aromatherapy days 2, 5, 9, 12, and 16 [31] (Monday, Thursday, Monday, Thursday and Monday) and is followed by ten minutes of rest by a specific person at the clinic (On Clock Specified). The pulse rate of patients is also recorded in the form with the patient's blood pressure. In order to ensure the use of the extract, the checklist for thoroughly performing aromatherapy by the patients is completed and delivered to the researcher.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017060422320N2**

Registration date: **2017-10-03, 1396/07/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-03, 1396/07/11

Registrant information

Name

Tayebeh Mirzaei

Name of organization / entity

Rafsanjan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Rafsanjan University of Medical Sciences Emam Ali Blvd, Rafsanjan University of Medical Sciences

Expected recruitment start date

2017-05-26, 1396/03/05

Expected recruitment end date

2017-06-05, 1396/03/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aromatherapy with essential oils of rose on blood pressure in patients with hypertension Bahraman city of Rafsanjan in 2016

Public title

The effect of aromatherapy with essential oils of rose on blood pressure in patients with hypertension

Purpose

Treatment

Inclusion/Exclusion criteria

Major entry into the study includes the fact that blood pressure is detected by controlling the blood pressure recorded in the previous three periods; Having primary blood pressure; Having hypertension in stage 1 and 2; Healthy feeling; Not having sensitivity to the essential oil of the flower of Mohammadi and a history of allergies or respiratory diseases. The main outcomes of the study include the patient's reluctance to continue studying; Sensitization during the implementation of the plan; Lack of cooperation in referring to the health center for controlling blood pressure; Neuropsychiatric patients taking medication and illnesses that cause the patient to use drugs that alter blood pressure during research.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 70

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

1

Registry name

ندارد

Secondary trial Id

ندارد

Registration date

empty

2

Registry name

ندارد

Secondary trial Id

ندارد

Registration date

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences ethics committee

Street address

School of Nursing and Midwifery, Nurse Avenue, Rafsanjan

City

Rafsanjan

Postal code

7718796755

Approval date

2017-04-18, 1396/01/29

Ethics committee reference number

IR.RUMS.REC.1395.167

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

IX 110

ICD-10 code description

Essential (primary) hypertension Incl.: High blood pressure

Primary outcomes

1

Description

hypertension

Timepoint

Before the intervention, 2,5,9,12 days after, two days after intervention

Method of measurement

Blood pressure in millimeters of mercury using a digital blood pressure

Secondary outcomes

1

Description

pulse

Timepoint

Before the intervention, 2,5,9,12 days after, two days after completion of the intervention

Method of measurement

In terms of pulse rate using a digital blood pressure

Intervention groups

1

Description

In the control group, sesame oil is filtered and odorless as a placebo. Patients are subjected to aromatherapy for 2 consecutive days for 2 minutes and for 2 weeks by inhalation, three drops of placebo on cotton, at a distance of 5 cm from the nose under the aromatherapy. One day before the intervention, the blood pressure of the patients is taken with a digital blood pressure device. Blood pressure measurement is performed on days 2, 5, 9, 12, and 16 (Mondays, Thursdays, Mondays, Thursdays, and Mondays) after the start of aromatherapy, and the ten minutes of rest are performed by a specific person at the clinic. To ensure the use of placebo, the checklist for the exact completion of aromatherapy is completed by the patient and delivered to the researcher.

Category

Placebo

2

Description

In the aroma group, the essential oil of Mohammadi is diluted on the basis of filtered sesame oil, and is used as an additive. Patients in the aroma group undergo aromatherapy at a distance of 5 cm from the nose for 2 minutes and for 2 weeks by inhalation. One day before the intervention, the blood pressure of the patients is taken with a digital blood pressure device. Blood pressure measurement is performed on days 2, 5, 9, 12, and 16 (Mondays, Thursdays, Mondays, Thursdays, and Mondays), and is followed by ten minutes of rest by a specific person at the clinic. To ensure essential oil consumption, the exact checklist for aromatherapy is completed by the patient and delivered to the researcher.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center martyr Bahonar Bahreman Noogh

Full name of responsible person

Fereshte Sharifi

Street address

Health Center martyr Bahonar Bahreman, Ayatollah Hashemi Rafsanjani Blvd, Imam Hossein Square, Bahreman, Noogh

City

Bahreman

2

Recruitment center

Name of recruitment center

Health Center martyr Rajai Javadieh Noogh

Full name of responsible person

Azam Khajebeigi

Street address

Health Center martyr Rajai Javadieh Noogh, Health center Avenue, Javadieh Fallah, Noogh

City

Javadieh Noogh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor of Research, Rafsanjan University of Medical Sciences

Full name of responsible person

Dr Shamsizade Ali

Street address

Rafsanjan University of Medical Sciences, Imam Ali Blvd, Rafsanjan

City

Rafsanjan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor of Research, Rafsanjan 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Rafsanjan University of Medical Sciences

Full name of responsible person

Dr.Tayebe Mirzaei

Position

Assistant Professor, School of Nursing and Midwifery,
Rafsanjan

Other areas of specialty/work

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Person responsible for updating data

Contact

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