

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

The effect of lavender aromatherapy on sleep quality in hemodialysis patients

Protocol summary

Summary

(1)Objectives: The aim of this study is determine the effect of inhalation of lavender essential oil on sleep quality in patients undergoing hemodialysis. (2)Design: The study population included patients undergoing hemodialysis. The study will be done in a group of 53 patients without controls group, without blinding and randomization and in a single dialysis center in Valiasr hospital in Arak city for 4 weeks. (3)Setting and conduct: This quasi-experimental study will be conducted before and after a group. Patients will be selected based on purposive sampling and written consent of the samples will be collected for the study. Researcher will check sleep quality of patients by using of Pittsburgh Sleep Quality Index and a weekly sleep diary. (4) Inclusion criteria: having sleep quality score over of 5 based on Pittsburgh index; no history of asthma and allergies to flowers and plants; no history of olfactory dysfunction. Exclusion criteria: If occur a crisis or an unforeseen event for patients during the intervention period. (5)Intervention: Patients are taught how to use of inhalation of lavender essential oil by cotton ball soaked in 2 drops of pure essential oil at a distance of 20-15 cm of pillow will be placed and then will be asked of them to do this work for 3 times in a week for a night in between before bedtime for 4 weeks. (5)Main outcome measures: After 4 weeks, sleep quality of samples will be tested again and sleep quality survey results will be compared before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061622774N1**

Registration date: **2015-09-20, 1394/06/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-20, 1394/06/29

Registrant information

Name

Maryam Sadeghi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 863313605558

Email address

m.sadeghi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2012-04-03, 1391/01/15

Expected recruitment end date

2012-10-06, 1391/07/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender aromatherapy on sleep quality in hemodialysis patients

Public title

The effect of lavender aromatherapy on sleep quality in hemodialysis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Having the age of minimum 18 and maximum 65 years; no history of asthma and allergies to flowers and plants; Agreement for attending in the study; experience of at least 6 months of hemodialysis; no history of olfactory dysfunction; having sleep quality score over of 5 based on Pittsburgh index; Complementary medicine treatment methods (Herbal methods and other Methods) are not used in the last week; Do not use sleeping medications, sedatives; No drug addiction; No dialysis in the night shift; Not suffering from known mental illness; Being consciousness and acceptable ability of listening and speaking to answer questions and learn using of lavender essential oil. Exclusion criteria: no agreement for attending in the study; If occur a crisis or an unforeseen event for patients during the intervention period; If the patient didn't complete weekly sheet of sleep records. (Patients should record at least 21 days of sleeps them in sheet notes, otherwise they will exclude of study).

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **53**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shahid Beheshti University of Medical Sciences and Health Services

Street address

Shahid Chamran Highway-Yemen Street-Shahid Arabi street- Next Ayatollah Taleghani hospital- Shahid Beheshti University of Medical Sciences

City

Tehran

Postal code

Approval date

2012-09-30, 1391/07/09

Ethics committee reference number

9018685681

Health conditions studied

1

Description of health condition studied

sleep disorders in hemodialysis patients

ICD-10 code

N18.9

ICD-10 code description

Chronic renal failure, unspecified

Primary outcomes

1

Description

sleep quality

Timepoint

After 4 weeks of intervention

Method of measurement

Pittsburgh Sleep Quality Index and weekly sheet of sleep record

Secondary outcomes

empty

Intervention groups

1

Description

Intervention including inhalation of lavender essential oil by cotton ball soaked in 2 drops of pure essential oil (made by Barij Essence Pharmaceutical Company of Kashan) at a distance of 20-15 cm of pillow will be placed and then do this work for 3 times in a week for a night in between before bedtime for 4 weeks.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hemodialysis ward of Vali-e-Asr hospital affiliated with Arak University of Medical Sciences

Full name of responsible person

Maryam Sadeghi

Street address

Vali-e-Asr Sq,Vali-e-Asr Hospital

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Maryam Sadeghi

Street address

Vali-e-Asr sq,Vali-e-Asr Hospital

City

Arak

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Nursing and Midwifery school of Shahid Beheshti University of Medical Sciences

Full name of responsible person

Aazam Dabirian

Position

Ms Degree in Nursing Education

Other areas of specialty/work

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Vali-e-Asr Street,Crossing Niayesh ,Against Shahid Rajaei Hospital, Nursing and Midwifery school of Shahid Beheshti University of Medical Sciences

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Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Pharmacy of Shahid Beheshti University of Medical Sciences

Full name of responsible person

Faraz Mojab

Position

Pharmacy PHD, Assistant Professor

Other areas of specialty/work

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Other areas of specialty/work

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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