

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The Effect of Citrous Aurantiun Aromatherapy on Sleep Quality and Anxiety Among Female Nursing Students, A Randomized Clinical Trial

Protocol summary

Summary

The study will be conducted on 100 female bachelor nursing students of Tabriz University of medical sciences. Sampling is available and it is done in the dormitory. The allocation of 2 groups (intervention and control) is randomly. After taking confirmation from ethics committee and student's written consent, before the intervention, the rate of their anxiety and sleep quality will be evaluated. In the case of having anxiety using anxiety questionnaire and sleep problems using sleep quality questionnaire, they will be located in one of control or intervention groups. In the intervention group, aromatherapy will be done for 2 weeks (14 nights) using essential oil of Citrus Aurantium. The subjects inhale 4-5 drops of pure essential oil of Citrus Aurantium that are trickled on some cotton in a box. The box is placed at a distance of 6-9 cm from the student's nose and they inhale it for 14 nights and 15 minutes per night. The duration of inhalation step is 2 weeks and after that, the rate of anxiety and sleep quality will be evaluated again. Such intervention will not be done in the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016070223525N5**

Registration date: **2016-08-12, 1395/05/22**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-08-12, 1395/05/22

Registrant information

Name

Hossein Namdar Areshtanab

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 41 3479 6770

Email address

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Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences and Health Services

Expected recruitment start date

2016-09-22, 1395/07/01

Expected recruitment end date

2016-11-21, 1395/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Citrous Aurantiun Aromatherapy on Sleep Quality and Anxiety Among Female Nursing Students, A Randomized Clinical Trial

Public title

The Effect of Citrus Aurantiun Aromatherapy on Sleep Quality and Anxiety Among Female Nursing Students

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: nursing bachelor student living in dormitory; willingness to cooperate in the study; completing and signing informed consent form; having olfactory health; obtaining scores of 40 and above, according to Spiel Berger anxiety form; obtaining scores of 5 and above, according to Peters Burg sleep quality

questionnaire; no history of mental illness, depression and acute stress (like crises such as the loss of relatives and family members); not coinciding the study with final exams. Exclusion criteria: the students who do not like to continue their cooperation for any reason; the students who feel discomfort with the smell of essential oil of Citrus aurantium; the students who use perfume; the students working at teaching hospitals in night shift continuously; the students who use anti-anxiety drugs, hypnotic drugs, and herbal medicines during the intervention.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics committee of Tabriz University of Medical Sciences

Street address

Golghasht Ave.

City

Tabriz

Postal code**Approval date**

2016-06-13, 1395/03/24

Ethics committee reference number

TBZMED.REC.1395.266

Health conditions studied**1****Description of health condition studied**

Sleep Quality, Anxiety

ICD-10 code

G47.8

ICD-10 code description

Other sleep disorders

Primary outcomes**1****Description**

Sleep Quality

Timepoint

Before intervention, two weeks after intervention

Method of measurement

Peters Burg sleep quality questionnaire

Secondary outcomes**1****Description**

Anxiety

Timepoint

Before intervention, two weeks after intervention

Method of measurement

Spiel Berger anxiety questionnaire

Intervention groups**1****Description**

In the intervention group, aromatherapy will be done for 2 weeks (14 nights) using essential oil of Citrus aurantium. The subjects inhale 4-5 drops of pure essential oil of Citrus aurantium that are trickled on some cotton in a box. The box is placed at a distance of 6-9 cm from the student's nose and they inhale it for 14 nights and 15 minutes per night. The duration of inhalation step is 2 weeks and after that, the rate of anxiety and sleep quality will be evaluated again.

Category

Treatment - Other

2**Description**

Control group: The intervention will not be done.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Tabriz University of Medical Sciences and Health Services

Full name of responsible person

Hossein Namdar Areshtanab

Street address

South Shariati Ave, Nursing and Midwifery Faculty

City

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Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Tabriz University of Medical Sciences and Health Services

Full name of responsible person

Dr. Mohammad Reza Rashidi

Street address

Gholghasht Ave, Tabriz University of Medical Sciences

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tabriz University of Medical Sciences and Health Services

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**

Tabriz University of Medical Sciences and Health Services

Full name of responsible person

Sareh Shamsipour

Position

Masters student

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Position

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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