Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Eeffect of Aromatherapy on pain in patients undergoing ortopedic surgery

Protocol summary

Summary

This study aimed to investigate the effect of aromatherapy on patients' pain in orthopedic surgery. The participants in this study were 80 patients both male and female who had gone to the orthopedic ward of Akhtar, Ayatollah Taleqani, and Emam Hossein hospitals in Tehran. Their age range was between 15 to 55. The participants were divided into two groups of experimental and control. Random number table (0-4) and Random block recipients (5-9) were used for the control and experimental groups respectively. No intervention was applied for the control group. Each t patient's pain was measured before the intervention and the night before surgery at 9 PM. Then 8 and 16 hours after surgery while three hours had passed since the last time patients had received parental analgesics, patients' pain was measured through the use of VAS scale half an hour after the intervention. In the aromatherapy intervention group, three drops of citrus lemon using a dropper was dropped on an impenetrable handkerchief and attached to the patient's collar. In addition, the patient was asked to breathe it for about 20 to 30 minutes and then the two groups were compared.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015081723655N1**
Registration date: **2015-09-08, 1394/06/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-09-08, 1394/06/17

Registrant information

Name

Mahboubeh Nazari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8865 5366

Email address

mahnazari2010@yahoo.com

Recruitment status

Recruitment complete

Funding source

Investigator

Expected recruitment start date

2015-03-21, 1394/01/01

Expected recruitment end date

2015-06-20, 1394/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Eeffect of Aromatherapy on pain in patients undergoing ortopedic surgery

Public title

Investigating The Effect of

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Male and female patients 15 to 55 years, patients undergoing orthopedic surgery (distal radius fracture), the same procedure Exclusion criteria: use of anti-anxiety drugs and herbal medicines, drug addiction (according to patient), and health employment and No history of vision and hearing and smell problems,

having respiratory problems and allergic to liver problems and kidney surgery complicate the withdrawal from the study at any stage of the intervention (Aromatherapy)

Age
From **15 years** old to **55 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Sampling is random block recipients into two groups

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Islamic Azad university tehran medical branch

Street address
Shahid Khaghani st (Zargande st) tehran

City
tehran

Postal code
1916893813

Approval date
2015-03-10, 1393/12/19

Ethics committee reference number
1045

Health conditions studied

1

Description of health condition studied
Fracture of lower end of radius

ICD-10 code
S52.5

ICD-10 code description
Fracture of lower end of radius

Primary outcomes

1

Description
variable Pain

Timepoint
basic pain , 8 and 16 hour after the surjery

Method of measurement
by using VAS scale

Secondary outcomes

1

Description
-

Timepoint
-

Method of measurement
-

Intervention groups

1

Description
Control group :No intervention was applied for the control group

Category
Prevention

2

Description
In the aromatherapy intervention group 1: three drops of citrus lemon using a dropper was dropped on an impenetrable handkerchief and attached to the patient’s collar. In addition, the patient was asked to breathe it for about 20 to 30 minutes and then the two groups were compared.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Medical Center Hospital Akhtar

Full name of responsible person
Mahboubeh Nazari

Street address
Sharifi Manesh St, Poule Roomi Ave, Shariati St, Teharn, Iran.

City
Tehran

2

Recruitment center

Name of recruitment center
Medical Center Hospital Imam Hussein (AS)

Full name of responsible person
Mahboubeh Nazari

Street address
Medical Center Hospital Imam Hussein (AS), Madani Street, Tehran, Iran

City
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3

Recruitment center

Name of recruitment center
Ayatollah Taleghani Hospital Medical Center

Full name of responsible person
Mahboubeh Nazari

Street address
Taleghani Educational Hospital,Tabnak St, Velenjak Region, Chamran High Way,Tehran, Iran

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
-

Full name of responsible person
Investigator

Street address
khaghani st, shariati Ave , Tehran, Iran

City
Tehran

Grant name
-

Grant code / Reference number
-

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

Title of funding source
-

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
Islamic Azad University Tehran Medical Branch

Full name of responsible person
Mahboubeh Nazari

Position
Student of Master Degree in Medical Surgical Nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

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Name of organization / entity
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Full name of responsible person
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Position
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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