# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

09 Nov 2026

## A compersion effect of Citrus Aurantium Fragrance and Cranesbill on Anxiety and Severity of Fatigue

## Protocol summary


**Summary**

The present study aimed to compare the effects of perfume sour orange and geranium plant much of global anxiety and fatigue in patients with acute heart attack is carried out. The three-group study, a randomized, double-blind study with placebo. Inclusion criteria: patients with acute heart attack age 18-60 years old; a definite diagnosis of acute heart attack by a physician, and her EC endorsing a heart attack; DNR heart; lung at admission; no history of allergic rhinitis, eczema or respiratory problems such as asthma or chronic obstructive pulmonary disease known; Lack of sense of smell and taste disorders. Lack of medical disorders or uncontrolled contagious. being aware of the time and place and people. Lack of mental illness known. with no history of head injury or seizures. along with a disturbing lack of sleep disorders such as migraine, rheumatoid arthritis, breathing problems at night. having a drug addiction. stable vital signs. having no pain at the time of interview and questionnaire. insensitivity to smell the fragrances; score of more than 20% of Anxiety Inventory (STAI) and the fatigue score between 20 -100 questionnaire MFI-20. Exclusion criteria: the patient's unwillingness to continue the study; cardiogenic shock, cardiac arrest; lung and heart attack this time intervention; a decreased level of consciousness during intervention; the risk of heart rhythm, ventricular fibrillation and cardiogenic shock during the intervention; The use of benzodiazepines, analgesics and anti-anxiety for at least ten hours before the intervention and after the intervention; The use of complementary medicine Sayrdrman for at least a week before the intervention; The incidence of allergic and respiratory dysrhythmias and problems the intervention hemodynamically unstable time intervention patient died before the completion of the study 120 participants. Anxiety and fatigue questionnaires before and after every half an hour and fifteen minutes after the questionnaire both before the intervention, anxiety and fatigue are evaluated after half an hour. Aromatherapy with sour orange and geranium can be as effective as a simple, low-cost, safe in nursing care be considered.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2017011824080N10**
Registration date: **2017-02-17, 1395/11/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2017-02-17, 1395/11/29

**Registrant information**


**Name**

Mohammad Gholami

**Name of organization / entity**

Lorestan University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

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**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

Lorestan University of Medical Sciences

**Expected recruitment start date**

2017-01-20, 1395/11/01

**Expected recruitment end date**

2017-07-22, 1396/04/31

**Actual recruitment start date**

empty

**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
A compersion effect of Citrus Aurantium Fragrance and Cranesbill on Anxiety and Severity of Fatigue

**Public title**
Effect of Aromathrapy on Anxiety and Severity of Fatigue
**Purpose**
Treatment
**Inclusion/Exclusion criteria**
age 18-60 years old; a definite diagnosis of acute heart attack by a physician, and her EC endorsing a heart attack; DNR heart; lung at admission; no history of allergic rhinitis, eczema or respiratory problems such as asthma or chronic obstructive pulmonary disease known; Lack of sense of smell and taste disorders. Lack of medical disorders or uncontrolled contagious. being aware of the time and place and people. Lack of mental illness known. with no history of head injury or seizures. along with a disturbing lack of sleep disorders such as migraine, rheumatoid arthritis, breathing problems at night. having a drug addiction. stable vital signs. having no pain at the time of interview and questionnaire. insensitivity to smell the fragrances; score of more than 20% of Anxiety Inventory (STAI) and the fatigue score between 20 -100 questionnaire MFI-20. Exclusion criteria: the patient's unwillingness to continue the study; cardiogenic shock, cardiac arrest; lung and heart attack this time intervention; a decreased level of consciousness during intervention; the risk of heart rhythm, ventricular fibrillation and cardiogenic shock during the intervention; The use of benzodiazepines, analgesics and anti-anxiety for at least ten hours before the intervention and after the intervention; The use of complementary medicine Sayrdrman for at least a week before the intervention; The incidence of allergic and respiratory dysrhythmias and problems the intervention hemodynamically unstable time intervention patient died before the completion of the 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: **120**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
**Blinding (investigator's opinion)**
Double blinded
**Blinding description**
**Placebo**
Used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Lorestan Medical Sciences and Health Services
**Street address**
Lorestan, Khorramabad, Lorestan University of Medical Sciences, Campus Kamalvand, Vice Chancellor for Research and Technology
**City**
Khorramabad
**Postal code**
987654321
**Approval date**
2016-12-21, 1395/10/01
**Ethics committee reference number**
160 .1395. LUMS.REC

## Health conditions studied

### 1

**Description of health condition studied**
Acute Myocardial Infarecthion
**ICD-10 code**
141
**ICD-10 code description**
Myocarditis in diseases classified elsewhere

## Primary outcomes

### 1

**Description**
Anexity
**Timepoint**
Half an hour before and 15 minutes after intervention, twice a day
**Method of measurement**
Questionnaire using the Spielberger

### 2

**Description**
Fatigue
**Timepoint**
Half an hour before and half an hour after treatment, twice a day
**Method of measurement**
Using the questionnaire fatigue Mfi

## Secondary outcomes

### 1

**Description**
Headache
**Timepoint**
An hour after intervention
**Method of measurement**
Ask the patient

## Intervention groups

### 1

**Description**
Aromatherapy start in the second and third days after the attack of acute hemodynamic conditions are Bymarpaydar is and will continue to DAY fourth after admission. For those in the intervention group (n = 80) are useful, Azrayhh of sour orange and geranium will be used. Aromatherapy twice daily (hours 10-11Sbh and 6-7Sr), the two Rvzmtvaly a week for 20 minutes will be used
**Category**
Treatment - Drugs

### 2

**Description**
For patients in the placebo group (n = 40) of sunflower oil will be used. each time for 20 minutes is performed.
**Category**
Placebo

## Recruitment centers

### 1

**Recruitment center**
**Name of recruitment center**
Rahimi martyr city of Khorramabad hospitals
**Full name of responsible person**
Razia Shyrzadgan, executive accountability, Nursing student, Mohammad Gholami, scientific answer, Nu
**Street address**
Khorramabad, teacher Street, near West Hospital
**City**
خرم آباد

### 2

**Recruitment center**
**Name of recruitment center**
Hospital Civil martyr city of Khorramabad
**Full name of responsible person**
Razia Shyrzadgan, executive accountability, Nursing student, Mohammad Gholami, scientific answer, Nu
**Street address**
Khairallah street humble
**City**
Khorramabad

## Sponsors / Funding sources

### 1

**Sponsor**
**Name of organization / entity**
Lorestan University of Medical Sciences
**Full name of responsible person**
Mojgan Khademi
**Street address**
Lorestan, Khorramabad, Lorestan University of Medical Sciences, Campus Kamalvand, Vice Chancellor for Research and Technology.
**City**
Khorramabad
**Grant name**
**Grant code / Reference number**
**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Lorestan University of Medical Sciences
**Proportion provided by this source**
**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*

### 2

**Sponsor**
**Name of organization / entity**
Lorestan University of Medical Sciences
**Full name of responsible person**
Mojgan Khademi
**Street address**
Lorestan, Khorramabad, Lorestan University of Medical Sciences, Campus Kamalvand, Vice Chancellor for Research and Technology.
**City**
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**Grant name**
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**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Lorestan University of Medical Sciences
**Proportion provided by this source**
**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**

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Lorestan University of Medical Sciences

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RaziehShirzadegan

**Position**
Nursing graduate student surgery

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## Person responsible for updating data

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**Full name of responsible person**
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**Position**
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**Other areas of specialty/work**

**Street address**
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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*