Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

The effect of music and aroma on patients' anxiety during periodontal surgery

Protocol summary

Summary

Objectives:evaluation the effect of aromatherapy and music on patients systolic and diastolic blood pressure,heart rate and anxiety during periodontal surgery. study Design:This single center study for90 patients referring to the department of periodantics,scool of dentistry, shahid sadoughy university of yazd who wrer randomly divided in to three groups will be done. Material and Methods:For the first group calming music will be played during surgery.in the second group 10 drops of the essential oil of lavandola will be used and the third group will recived no intervention.bllod pressure and heart rate of the patiens will be measured before and after surgery by digital pressure guage and anxiety level in patients will be measured by standard anxiety test(spiel berger).datas will ba analayzed with related software and tests. inclusion criteriae:Inclusion critrriae for this study included informed consent to participate in the study,healthy hearing and smelling ability,no medical history of mood disorders,lack of systemic disorders such as cardiovascular disease and diabetes,no use od sedative-narcotic drugs and lack of drug addiction. Interventions:use ofessential oil of lavandola and music. main outcome measures:systolic blood pressure.diastolic blood pressure.Anxiety

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015101324509N2**
Registration date: **2016-05-30, 1395/03/10**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-05-30, 1395/03/10

Registrant information

Name
Fahimeh Rashidi Maybodi

Name of organization / entity
Shahid Sadoughi University of Medical Sciences

Country
Iran (Islamic Republic of)

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f-rashidi63@ssu.ac.ir

Recruitment status

Recruitment complete

Funding source

School of Dentistry, shahid sadoughy university,yazd,iran

Expected recruitment start date

2016-01-17, 1394/10/27

Expected recruitment end date

2016-06-16, 1395/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of music and aroma on patients' anxiety during periodontal surgery

Public title

The effect of music and aromatherapy on patients' anxiety during periodontal surgeries

Purpose

Prevention

Inclusion/Exclusion criteria

The inclusion criteria: patient satisfaction; absence of defects in the senses of hearing and smelling; no medical history of mood disorders; cardiovascular disease or diabetes; no usage of sedative and analgesic drugs as

well as a lack of drug addiction.

Age
No age limit

Gender
Both

Phase
0

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
ethics comittee of Shahid Sadoughi University

Street address
Shahid Bahonar blv, Yazd

City
Yazd

Postal code
12345

Approval date
2016-01-18, 1394/10/28

Ethics committee reference number
IR.SSU.REC.1394.151

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F40

ICD-10 code description
phobic anxiety disorders

Primary outcomes

1

Description
Anxiety

Timepoint
before surgery, after surgery

Method of measurement
Depending on the answers to questions, a number considered to be

Secondary outcomes

1

Description
blood pressure

Timepoint
before surgery, a little while before ending of surgery

Method of measurement
Systolic and diastolic pressure

2

Description
Heart rate

Timepoint
before surgery, a little while before ending of surgery

Method of measurement
The number of beats you feel in minutes

Intervention groups

1

Description
aromatherapy(lavender smell)

Category
Treatment - Drugs

2

Description
Playing music

Category
Treatment - Other

3

Description
control group

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Dental School of Shahid Sadouhi University

Full name of responsible person
Dr.jalali

Street address
Yazd - right Bahonar - Building No. 2 University - Research Department

City
yazd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research,Shahid Sadoughi University of Medical Sciences
Full name of responsible person
Dr Houshang Mehrparvar
Street address
Bahonar square, Yazd
City
Yazd
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research,Shahid Sadoughi 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
Name of organization / entity
School of Dentistry, Yazd
Full name of responsible person
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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