

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 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 for 90 patients referring to the department of periodontics, school of dentistry, Shahid Sadoughi University of Yazd who were randomly divided into 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 lavender will be used and the third group will receive no intervention. Blood pressure and heart rate of the patients will be measured before and after surgery by digital pressure gauge and anxiety level in patients will be measured by standard anxiety test (Spielberger). Data will be analyzed with related software and tests. Inclusion criteria: Inclusion criteria 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 of sedative-narcotic drugs and lack of drug addiction. Interventions: use of essential oil of lavender 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)

Phone

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Recruitment status

Recruitment complete

Funding source

School of Dentistry, Shahid Sadoughi 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 committee 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
Dr. Fahimeh Rashidi Maybodi

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Assistant Professor

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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