

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

06 Jun 2026

### Effect of inhaled peppermint Essential oil on stress myocardial infarction patients Cardiac intensive care unit

#### Protocol summary

##### Summary

This is a single blind clinical trial that predict the impact of inhaled peppermint oil on the stress myocardial infarction patients in Cardiac intensive care unit that is done in Sirjan hospitals. Seventy patients diagnosed with myocardial infarction due to the inclusion criteria(confirmed the diagnosis of myocardial infarction according to diagnos of physician) and exclusion criteria(having cardiac dysrhythmia) for this purpose.and will be selceted randomly and placed in two groups (mint and placebo).for preparing the mint scented pads 0.2 mL of peppermint oil placed on the 2\*2 inch gauze pads; the placebo pads inthe same way will be prepared with 2 mL of normal saline. The pads attached tothe patient clothing for 20 minutes during 5 days . the Stress and anxiety of the patients with be measured bydass21questionnaire.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015121325500N1**

Registration date: **2016-02-08, 1394/11/19**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-02-08, 1394/11/19

##### Registrant information

##### Name

Aliakbar Vaezi

##### Name of organization / entity

Yazd University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3824 9706

##### Email address

vaeziali@ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Yazd University of Medical Sciences

##### Expected recruitment start date

2015-11-21, 1394/08/30

##### Expected recruitment end date

2016-04-19, 1395/01/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of inhaled peppermint Essential oil on stress myocardial infarction patients Cardiac intensive care unit

##### Public title

Effect of inhaled peppermint Essential oil on stress

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: age 20 -80 years;confirmed the diagnosis of myocardial infarction according to diagnos of physician;Catching heart attack for the first time; not having asthma history ; not having allergic to smell of mint. Exclusion criteria:not having Cardiopulmonary resuscitation during the study ;using sedative drugs; benzodiazepines during the study without doctor prescription ;having heart dysrhythmia; ventricular fibrillation; cardiogenic shock; ventricular tachycardia and duringthe study

##### Age

From **20 years** old to **80 years** old

**Gender**

Both

**Phase**

2

**Groups that have been masked***No information***Sample size**Target sample size: **70****Randomization (investigator's opinion)**

Randomized

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

Single blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

YazdUniversity of Medical Sciences

**Street address**Yazd Faculty of Nursing and Midwifery , Bu  
AliAlley,SafaiehStreet**City**

Yazd

**Postal code****Approval date**

2016-02-03, 1394/11/14

**Ethics committee reference number**

17/1/236295/پ

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

Acute myocardial infarction

**ICD-10 code**

I21

**ICD-10 code description**

Acute myocardial infarction

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

sterss

**Timepoint**

One day before the intervention And the last day after

the intervention

**Method of measurement**

Dass21 questionnaire

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

Anxiety

**Timepoint**One day before the intervention And the last day after  
the intervention**Method of measurement**

Dass21 questionnaire

2**Description**

sterss

**Timepoint**One day before the intervention And the last day after  
the intervention**Method of measurement**

Dass21 questionnaire

**Intervention groups**1**Description**Intervention group: Peppermint scented gauze pads will  
be prepared by placing 0.2 mL of essential oil of  
peppermint. These pads will be attached to the patients'  
clothes for 20minutes during the 5 days.**Category**

Treatment - Other

2**Description**Control group: placebo pads will be prepared by 2 mL of  
normal saline. These pads will be attached to the  
patients' clothes for 20 minutes during the 5 days.**Category**

Treatment - Other

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

GharaziHospital

**Full name of responsible person**

Sakine Parizi

**Street address**

GharaziHospital Sirjan

**City**

Sirjan

## 2

### Recruitment center

**Name of recruitment center**

Emamrezahospital

**Full name of responsible person**

Sakine Parizi

**Street address**

Street Ibn Sina,Emamrezahospital

**City**

Sirjan

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Vice chancellor for researchYazd University of Medical Sciences

**Full name of responsible person**

AliAkbarVaezi

**Street address**

Yazd Faculty of Nursing and Midwifery , Bu AliAlley,SafaiehStreet

**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 researchYazd 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**

Yazd University of Medical Sciences

**Full name of responsible person**

Sakine Parizi

**Position**

MA in Critical Care

**Other areas of specialty/work**

**Street address**

Yazd Faculty of Nursing and Midwifery , Bu AliAlley,SafaiehStreet

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**Fax**

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sparizi66@gmail .com

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

Yazd University of Medical Sciences

**Full name of responsible person**

Doctor Ali AkbarVaezi

**Position**

Doctor

**Other areas of specialty/work**

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## Person responsible for updating data

### Contact

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SakineParizi

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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*