

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Aug 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 pradtict 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 addressYazd 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

TimepointOne day before the intervention And the last day after
the intervention**Method of measurement**

Dass21 questionnaire

2**Description**

sterss

TimepointOne 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

AliAkbareVaezi

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**

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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

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Person responsible for updating data

Contact**Name of organization / entity**

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Full name of responsible person

SakineParizi

Position

MA in Critical Care

Other areas of specialty/work**Street address**

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00

Fax**Email**

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Web page address

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