Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of lavender and Rosa Damascena scents on anxiety and vital signs of patients under coronary artery Angiography

Protocol summary

Summary

Objective: Comparison of lavender and Rosa Damascena scents on anxiety and vital signs of patients under coronary artery Angiography. Design: A clinical trial, single-center, randomized (block). How do: study in four groups: lavender, damask rose, placebo and control is performed. In this single-blind study, patients and the analyzed individual who does not have the kind of intervention. Inclusion criteria: age 35-70 years, alert, a healthy sense of smell; no drugs, anti-anxiety and depression in the past year, the non-occurrence of a traumatic event over a month before the intervention; angiography for the first time. Exclusion criteria: the history of asthma, bronchitis, chronic respiratory diseases, sensitivity to smell fragrant essential oils, drug addiction, mental disorders, angiography for acute myocardial infarction, hemodynamic disorder. Intervention: The intervention in two groups of aromatherapy with lavender and damask rose essential oil (with a concentration of 100% herbal medicines provided by companies Barij Essence Kashan) used separately, So that patients don't have Information from intervention. Essential to the hours of 22 to 6 am on angiography in patients and at a rate of two drops on a piece of gauze 2 × 2 has been attached to his collar. For intervention in the placebo group, from 22 hours to 6 am on angiography in patients and at a rate of three drops of water in a small glass container will be placed at a distance of 1 m from the patient. The main outcome variables: anxiety patients underwent coronary angiography.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017011325732N11**
Registration date: **2017-02-15, 1395/11/27**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-02-15, 1395/11/27

Registrant information

Name

Alireza Emadi

Name of organization / entity

Semnan University of Medical Sciences, Semnan, Iran

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Iran (Islamic Republic of)

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are20935@semums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences, Deputy of Research and Technology.

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-03-21, 1396/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of lavender and Rosa Damascena scents on anxiety and vital signs of patients under coronary artery Angiography

Public title

Comparison of lavender and Rosa Damascena scents on anxiety and vital signs of patients under coronary artery

Angiography

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 35-70 years, alert, a healthy sense of smell; no drugs, anti-anxiety and depression in the past year, the non-occurrence of a traumatic event over a month before the intervention; angiography for the first time. Exclusion criteria: the history of asthma, bronchitis, chronic respiratory diseases, sensitivity to smell fragrant essential oils, drug addiction, mental disorders, angiography for acute myocardial infarction, hemodynamic disorder.

Age

From **35 years** old to **70 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **48**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee, Deputy of research and technology, Semnan University of Medical Sciences

Street address

Semnan University of Medical Sciences, Basij Blvd, Semnan

City

Semnan

Postal code

3514799442

Approval date

2016-11-21, 1395/09/01

Ethics committee reference number

IR.SEMUMS.REC.1395.200

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

Primary outcomes

1

Description

Anxiety

Timepoint

Before intervention (before 22 hours) and immediately after the intervention (after 6 pm)

Method of measurement

Spielberger Anxiety Inventory

Secondary outcomes

1

Description

blood pressure

Timepoint

Before intervention (before 22 hours) and immediately after the intervention (after 6 pm)

Method of measurement

Scorpions pressure Riester (Germany)

2

Description

heart beat

Timepoint

Before intervention (before 22 hours) and immediately after the intervention (after 6 pm)

Method of measurement

Touch the right wrist radial pulse

3

Description

Respiratory rate

Timepoint

Before intervention (before 22 hours) and immediately after the intervention (after 6 pm)

Method of measurement

See the chest

Intervention groups

1

Description

The first intervention (aromatherapy with essential oils of lavender): Intervention for aromatherapy with lavender oil (with a concentration of 100% herbal medicines provided by companies Barij Essence Kashan) used.

Essential to the hours of 22 to 6 am on angiography in patients and at a rate of two drops on a piece of gauze 2 × 2 has been attached to his collar.

Category

Prevention

2

Description

The second intervention (aromatherapy with essential oils of damask rose): intervention for aromatherapy with essential oils of damask rose (with a concentration of 100% herbal medicines provided by companies Barij Essence Kashan) used. Essential to the hours of 22 to 6 am on angiography in patients and at a rate of two drops on a piece of gauze 2 × 2 has been attached to his collar.

Category

Prevention

3

Description

Third intervention (placebo): From 22 to 6 am on angiography in patients and at a rate of three drops of water in a small glass container will be placed at a distance of 1 m from the patient.

Category

Behavior

4

Description

Fourth intervention (control): patients only receive routine care without any additional intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Kosar Hospital

Full name of responsible person

Mohammad Reza Asgari

Street address

Kosar Hospital, BLVD Basij, Semnan

City

Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences, Deputy of Research and Technology.

Full name of responsible person

Ali Rashidy-Pour

Street address

Semnan University of Medical Sciences, Deputy of Research and Technology, Basij Blvd, Semnan

City

Semnan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Semnan University of Medical Sciences, Deputy of Research and Technology.

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

Semnan University of Medical Sciences

Full name of responsible person

Mohammadreza Asgari

Position

PhD in nursing

Other areas of specialty/work

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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