

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Assessment of effect of using orange essential oils in the environment on stress management through salivary cortisol measurement in patients referred to the Rafsanjan dental clinics in 2016

Protocol summary

Summary

The aim of this study is evaluation of effect of saliva cortisol after smelling of orange oil. Inclusion criteria: healthy patients with 20-45 years old. Exclusion criteria: Systemic disease; taking medication and psychologic disorder. The study population 30 patients that referred to dental school for class I restoration that divided in two groups. Intervention group: after smelling of orange oil the saliva is collected before injection, between and the end of treatment for evaluation of saliva cortisol.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071625819N3**
Registration date: **2016-12-26, 1395/10/06**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-26, 1395/10/06

Registrant information

Name

Somaye Salari Sedigh

Name of organization / entity

Rafsanjan Dental school

Country

Iran (Islamic Republic of)

Phone

+98 34 3428 0030

Email address

s_salarisedigh@rums.ac.ir

Recruitment status

Recruitment complete

Funding source

Rafsanjan University of Medical Science

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment of effect of using orange essential oils in the environment on stress management through salivary cortisol measurement in patients referred to the Rafsanjan dental clinics in 2016

Public title

Effect of orange oil on stress value in dentistry

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Having aged between 20 and 45 years
Exclusion criteria: Systemic disease; taking medication; infectious disease; Adrenal gland failure; Hormonal disorders and mood disorders

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Rafsanjan University of Medical Sciences

Street address

Imam Ali Boulevard, Central Intelligence Agency

City

Rafsanjan

Postal code

7717933777

Approval date

2016-05-16, 1395/02/27

Ethics committee reference number

IR.RUMS.REC.1395.45

Health conditions studied

1

Description of health condition studied

Effect of orange essential oil on stress

ICD-10 code

E27

ICD-10 code description

Other disorders of adrenal gland

Primary outcomes

1

Description

stress

Timepoint

Before dentistry treatment- after anesthesia- After dentistry treatment

Method of measurement

Measurement of stress through determination of salivary cortisol by centrifuge samples in the laboratory

Secondary outcomes

1

Description

decrease of pain

Timepoint

before anesthesia within dental work after anesthesia

Method of measurement

threshold of patients pain

Intervention groups

1

Description

25 ml orange essential oil distribution in intervention group in the first session by 5-liter cool-mist humidifier during dental treatment done

Category

Diagnosis

2

Description

In control group don't use any oil.

Category

Diagnosis

Recruitment centers

1

Recruitment center

Name of recruitment center

Rafsanjan Dental College

Full name of responsible person

Somaye Salari Sedigh

Street address

Rafsanjan, Ali Ibn Abi Talib Hospital of Rafsanjan Boulevard near the western Mofateh

City

Rafsanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

financial assistance of rafsanjan university of medical science

Full name of responsible person

Dr.ali ravari

Street address

Bolvar Emam Ali

City

Rafsanjan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor

organization/entity?

Yes

Title of funding source

financial assistance of rafsanjan university of medical science

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**

Rafsanjan university of medical Sciences

Full name of responsible person

Somaye salari sedigh

Position

Assistant Professor

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

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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