

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of lavender inhalation on the anxiety, stress and hemodynamic parameters (RR, BP, PR) in removal of sheath in patients after coronary angiography

Protocol summary

Summary

The main objectives of this study is evaluating the effect of lavender inhalation on the anxiety, stress and hemodynamic parameters (RR, BP, PR) during sheath removal in patients after coronary angiography in selected hospital of AJA University Medical Sciences. Study design: randomized, double-blind, placebo-controlled, single-center, phase II trial. The method of this study is: Study population: patients undergoing angiographic with inclusion criteria, hospitalized in Fajr Hospital. Inclusion criteria: Age 65-18-years-old : Having No history angiography :Sheet lasting at least 4 hours after angiography according to the physician orders : No mental illness : No use of sedative or anti-anxiety drugs : No history of allergy to the smell of plants : Tend to smell of lavender : The absence of migraine or chronic headaches. Exclusion criteria: Expressed dissatisfaction with the inhalation of lavender. Sample size: 70 samples. Studied interventions: aromatherapy with lavender extract. Intervention time: four hours after angiography. Primary outcome or consequences of the study: reduce anxiety and stress during remove the sheet in patients after angiography

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016012226145N1**
Registration date: **2016-08-08, 1395/05/18**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-08, 1395/05/18

Registrant information

Name

Fatemeh Teymouri

Name of organization / entity

AJA University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 5588 0283

Email address

f.teymori@ajaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Financial resources funded by Army University Medical Science

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-05-21, 1395/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender inhalation on the anxiety, stress and hemodynamic parameters (RR, BP, PR) in removal of sheath in patients after coronary angiography

Public title

Effect of aromatherapy with Lavender on anxiety and stress

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 65-18 years; having ability to read and write; no history of mental illness; knowing the time, place, and person; no drug abuse; first experience of angiography; sheet lasting at least 4 hours after angiography according to the physician orders; no smell dysfunction; No use of anti-anxiety or sedatives drugs, except routine; no history of allergy to the smell of plants; tend to smell of lavender; the absence of migraine or chronic headaches. Exclusion criteria: expressed dissatisfaction with the inhalation of lavender

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Army University Medical Science

Street address

Fatemi Street. Street Etemadzadeh

City

Tehran

Postal code

Approval date

2016-02-15, 1394/11/26

Ethics committee reference number

IR.AJAUMS.REC.1394.46

Health conditions studied

1

Description of health condition studied

Anxiety and stress

ICD-10 code

F40

ICD-10 code description

Phobic anxiety disorders

Primary outcomes

1

Description

Anxiety

Timepoint

90 minutes before and after intervention

Method of measurement

Spielberger tool

2

Description

Blood pressure

Timepoint

10 minutes before the intervention and 30 minutes after intervention

Method of measurement

In millimeters of mercury using mercury sphygmomanometer

3

Description

Breathing

Timepoint

10 minutes before the intervention and 30 minutes after intervention

Method of measurement

The number of breaths in one minute by the chronometer

4

Description

Pulse

Timepoint

10 minutes Before the intervention and 30 minutes after intervention

Method of measurement

Pulse rate per minute by the chronometer

5

Description

Stress

Timepoint

Before and 90 minutes after intervention

Method of measurement

Dass tool

Secondary outcomes

empty

Intervention groups

1

Description

Water is used as a placebo in control group

Category

Placebo

2

Description

In the intervention group 4 hours after angiography, two drops of lavender extract on a piece of cotton and poured in a cup includes 10 cc and put in a distance of 5 cm from the nose and inhale for 20 minutes.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fajer Hospital

Full name of responsible person

Mohammad Pourmirzaie

Street address

FAJR Hospital Pirozi Street Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Army University
Medical Science

Full name of responsible person

Doctor Zare'ian

Street address

Street Fatemi Street Etemadzadeh

City

tehran

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 of Army University 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

Army school of Nursing

Full name of responsible person

mohammad pourmirzaie

Position

Masters student

Other areas of specialty/work

Street address

ALI town HEJRAT streets

City

tehran

Postal code

Phone

00

Fax

Email

mpormirzaie@gmail.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

AJA University of Medical Sciences

Full name of responsible person

Fatemeh Teimouri

Position

Master of Nursing

Other areas of specialty/work

Street address

Army Faculty of Nursing,KAJ Street,Shariati Street,
TEHRAN

City

TEHRAN

Postal code

Phone

+98 21 7750 0929

Fax

+98 77601533

Email

f.teymori@ajaums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

School of Nursing

Full name of responsible person

Mohammad Pourmirzaie

Position

Masters student

Other areas of specialty/work

Street address

FAJR Hospital

City

TEHRAN

Postal code**Phone**

+98 21 3322 8132

Fax**Email**

mpormirzaie@gmail.com

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*