Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Comparison with of inhalation Aromatherapy lavender, chamomile and sour orange flower on sleep quality in elderly city of Zabol

Protocol summary

Summary

The aim of this study was to compare aromatherapy inhaler Tuesday lavender, chamomile and sour orange flower on sleep quality in elderly Bashd.myarhay enter at least 60 years of age, the desire to participate in the study, having poor sleep quality, having the proper recognition, non-use of herbal medicines two weeks ago, no history of allergy or sensitivity test was conducted on herbs and sour orange, avoid caffeinated beverages and alcohol three hours before intervention is no history of mental disorders. Participants who are ill or show signs of sensitivity are excluded. 4 is a clinical trial study on 100 elderly people in nursing homes is done in Zabol city. Participants were randomly divided into four groups: the experimental group 1 (lavender) and test 2 (sour orange essential oil) and test 3 (essential oil of chamomile) and control group (n = 25) are divided. The data gathered, Pittsburgh Sleep Quality Index by four groups before and after treatment is completed. In the intervention group and the control group was given essence of distilled water is used. After treatment in every 4 th night, sleep quality questionnaire is completed.

General information

Acronym
Non

IRCT registration information
IRCT registration number: **IRCT2016022126680N1**
Registration date: **2016-05-31, 1395/03/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2016-05-31, 1395/03/11

Registrant information

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Recruitment status
Recruitment complete

Funding source
Birjand University of Medical Sciences

Expected recruitment start date
2016-03-12, 1394/12/22
Expected recruitment end date
2016-04-10, 1395/01/22
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison with of inhalation Aromatherapy lavender, chamomile and sour orange flower on sleep quality in elderly city of Zabol

Public title
The effects of aromatherapy on sleep
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: being willing to cooperate in the study and signed an informed consent form; no history of allergy to drugs, herbal ingredients, the smell of flowers or sour orange test sensitivity; poor sleep quality by

Pittsburgh Sleep Quality Index; do not use drugs plant in the past two weeks ; at least 60 years of age; Appropriate Cognitive status (ie: lack of disease dementia, Alzheimer's disease and Huntington's disease and delirium); avoid caffeinated beverages or alcohol containing at least 3 hours before the intervention; no history of disease psychiatric neuroscience is leading to hospitalization or medication. Exclusion criteria: patient's unwillingness to continue to cooperate in the study; the incidence of allergy symptoms ; duration of study participants who become ill or died.

Age
From **60 years** old to **100 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

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
Birjand University of Medical Sciences

Street address
Birjand University of Medical Sciences, Moallem street, South Khorasan

City
Birjand

Postal code
53577 - 97178

Approval date
2016-02-08, 1394/11/19

Ethics committee reference number
ir.bums.1394.314

Health conditions studied

1

Description of health condition studied
sleep quality

ICD-10 code
G47.9

ICD-10 code description
Sleep disorder, unspecified

Primary outcomes

1

Description
sleep quality

Timepoint
1. Before the intervention, 2. The seventh night after the intervention

Method of measurement
Pittsburgh Sleep Quality Index

Secondary outcomes

empty

Intervention groups

1

Description
The first intervention group: In this group every night from 10 pm to 6 am for seven nights, before you go to bed elderly person, a researcher two drops of lavender oil on a cotton ball through a dropper that squeezed inside patch which has already been prepared and are attached to dress elderly and elderly sniffed it out at bedtime.

Category
Other

2

Description
The second intervention group: In this group every night from 10 pm to 6 am for seven nights, before you go to bed elderly person, a researcher at the drop of sour orange essential oil on a cotton ball through a dropper that squeezed inside patch which has already been prepared and are attached to dress elderly and elderly sniffed it out at bedtime.

Category
Other

3

Description
The third intervention group: In this group every night from 10 pm to 6 am for seven nights, before you go to bed elderly person, a researcher two drops of chamomile essential oil on a cotton ball with a dropper that squeezed inside patch which has already been prepared and are attached to dress elderly and elderly sniffed it out at bedtime.

Category
Other

4

Description
control group: already been prepared and are attached to dress elderly and elderly at bedtime it does not breathe.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Elderly care centers
Full name of responsible person
Leila fahimzade - Master of Nursing
Street address
Martyr Khedri Home for the Aged, Zabol
City
Zabol

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Birjand University of Medical Sciences
Full name of responsible person
Doctor Ahmad Nasiri forg
Street address
Vice President of Research, School of Nursing and Midwifery, Birjand University of Medical Sciences
City
Birjand
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Birjand 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
Birjand University of Medical Sciences
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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