

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jun 2026

Comparison of the effects of aromatherapy with *Salvia officinal*, *Jasmine officinal* and distilled water on pain severity and delivery outcome in nulliparous women referred to Shooshtary hospital in Shiraz 1388

Protocol summary

kavianm@sums.ac.ir

Summary

The aim of this study was to investigate the effect of herbal therapy on pain severity of delivery. The participants in this study were 156 primiparous pregnant women with gestational age more than 37 weeks having single fetus with vertex position and were not candidate for elective caesarean section. The participants were randomly assigned into the following three groups to receive *salvia officinal* aroma, *jasmine officinal* aroma, or evaporation of distilled water for 15 minutes during active phase of delivery. Pain intensity, fetal heart rate, Apgar score, method of delivery, and duration of first and second stages of labor were compared between groups.

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2009-06-22, 1388/04/01

Expected recruitment end date

2009-11-22, 1388/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811192515N1**

Registration date: **2011-01-13, 1389/10/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-01-13, 1389/10/23

Registrant information

Name

Maasumeh Kaviani

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4251

Email address

Scientific title

Comparison of the effects of aromatherapy with *Salvia officinal*, *Jasmine officinal* and distilled water on pain severity and delivery outcome in nulliparous women referred to Shooshtary hospital in Shiraz 1388

Public title

Comparison of the effects of aromatherapy with *Salvia officinal* and *Jasmine officinal* on pain severity in nulliparous women

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: primiparous, gestational age more than 37 weeks, vertex position, no candidate for elective caesarean section, single fetus, dilatation 3-4 cm, signing the informed consent
Exclusion criteria: bleeding, fetal distress, respiratory allergy, tetanic contraction during the intervention

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **156**

Randomization (investigator's opinion)

Not 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

Shiraz University of Medical Sciences

Street address

Next to Red Crescent center, Zand St., Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2009-06-22, 1388/04/01

Ethics committee reference number

CT-88-4712

Health conditions studied

1

Description of health condition studied

Aromatherapy effect on delivery pain

ICD-10 code

E084, E080

ICD-10 code description

single spontaneous delivery

Primary outcomes

1

Description

severity of pain

Timepoint

severity of pain before intervention, 30 and 60 minutes after intervention .

Method of measurement

by visual analog scale

2

Description

duration of first and second stages of delivery

Timepoint

after delivery

Method of measurement

in minutes

3

Description

FHR

Timepoint

before intervention, 30 and 60 minutes after intervention

Method of measurement

Fetal heart rate by fetoscope

4

Description

method of delivery

Timepoint

After delivery

Method of measurement

Rate of different delivery methods

5

Description

Apgar score

Timepoint

before intervention, 30 and 60 after intervention

Method of measurement

Apgar scale

Secondary outcomes

empty

Intervention groups

1

Description

3 cc Jasmine essence with 50 cc distilled water evaporation during 15 minutes

Category

Treatment - Drugs

2

Description

3cc Salvia officinal essence with 50cc distilled water evaporation during 15 minutes.

Category

Treatment - Drugs

3

Description

50cc distilled water evaporation for 15 minutes

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Shoshtary hospital of Shiraz

Full name of responsible person

Ms Asefy

Street address

Shiraz, Bascol nader st

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Mostafavy

Street address

Next to Red Crescent center, Zand St., Shiraz

City

Shiraz

Grant name

88/54869

Grant code / Reference number

4712

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

Yes

Title of funding source

Shiraz 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

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Nursing and midwifery faculty, Shiraz University of Medical Sciences

Full name of responsible person

Masoume Kaviani

Position

Midwife (master degree)

Other areas of specialty/work

Street address

Nursing and midwifery faculty

City

Shiraz

Postal code

71345-1978

Phone

+98 71 1647 4254

Fax

+98 71 1627 9135

Email

kavianm@sums.ir

Web page address

www.sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Nursing and Midwifery faculty, Shiraz University of Medical Sciences

Full name of responsible person

Masoume Kaviani

Position

Midwife (master degree), Instructor

Other areas of specialty/work

Street address

Namazi Sq., Shiraz

City

Shiraz

Postal code

71345-1978

Phone

+98 71 1647 4254

Fax

+98 71 1627 9135

Email

kavianm.sums.ac.ir

Web page address

www.sums.ac.ir

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