Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

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

Protocol summary

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.

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)

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+98 71 1647 4251

Email address

kavianm@sums.ac.ir

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

Scientific title

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

Public title

Comparison of the effects of aromatherapy with Salvia officinal and Jasmine officina 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 secound 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
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Midwife (master degree)
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Person responsible for updating data

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Fax
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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