Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Rosa damascene aromatherapy on sleep quality in cardiac Care unit patients in Shahid Mohammadi Hospital in Bandar Abbas

Protocol summary

Summary

Objectives: To evaluate the effects of Rose aromatherapy on sleep quality in ccu patients. Inclusion criteria: Know the time; place ; person, the heart's ejection fraction is at least 40%,Not disturbing sleep disorders (such as migraines and arthritis);not a history of asthma; allergies to certain floral notes; not Orthopnea.Exclusion criteria: Patient is short of breath; leaves; dies; not desire to continue. The study population: Cardiac Care Unit patients، Shahid Mohammadi Hospital in Bandar Abbas on the intervention and control groups were divided randomly into two. Sample size: 60 patients (30 Control, 30 Case) .Intervention studied and time: the implementation of the study is three consecutive nights for each patient. Rose Aromatherapy is performed every night at 22 to 6 am by sleep quality Index Pittsburgh before and after, in both groups ،compare the quality of patients' sleep: sleep quality parameters including subjective sleep quality, ،sleep latency،sleep duration،habitual sleep efficiency،sleep disturbances، use of sleeping medication ،daytime dysfunction initial. The primary outcome: stimulates the central nervous system and beta-endorphin

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016062628659N1**
Registration date: **2016-07-05, 1395/04/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-07-05, 1395/04/15

Registrant information

Name

Foroogh Ziarati

Name of organization / entity

Hormozgan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3832 0311

Email address

foroogh.ziarati128@gmail.com

Recruitment status

Recruitment complete

Funding source

Hormozgan University of Medical Sciences

Expected recruitment start date

2016-04-20, 1395/02/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Rosa damascene aromatherapy on sleep quality in cardiac Care unit patients in Shahid Mohammadi Hospital in Bandar Abbas

Public title

Effect of Rosa damascene aromatherapy on sleep quality in CCU patients in Shahid Mohammadi Hospital in Bandar Abbas Effect of Rosa damascene aromatherapy on quality of sleeping in cardiac Care unit patients in Shahid Mohammadi hospital in Bandar Abbas

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: know the time; place ; person, the

heart's ejection fraction is at least 40%,Not disturbing sleep disorders (such as migraines and arthritis);not a history of asthma; allergies to certain floral notes; not Orthopnea. Exclusion criteria: patient is short of breath; leaves; dies; not desire to continue.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Ethics Committee, Hormozgan University of Medical Sciences, Bandar Abbas, Iran.

Street address

First Floor، Research Center، East Side of Hospital، Shahid Mohammadi Hospital، Jomhuri Eslami Boulevard، Bandar Abbas

City

Bandar Abbas

Postal code

Approval date

2016-02-04, 1394/11/15

Ethics committee reference number

HUMS.REC.1394.97

Health conditions studied

1

Description of health condition studied

Sleep Disorders and Heart Disease

ICD-10 code

G47

ICD-10 code description

Sleep Disorders

Primary outcomes

1

Description

Parameters of Sleep Quality(subjective sleep quality،sleep latency،sleep duration،habitual sleep efficiency،sleep disturbances، use of sleeping medication ،daytime dysfunction)

Timepoint

2 months

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

1

Description

Improve Sleep Quality

Timepoint

2 months

Method of measurement

Pittsburgh Sleep Quality Index

Intervention groups

1

Description

Receive standard treatment prescribed by a cardiologist. Moreover, the use of placebo

Category

Placebo

2

Description

Receive standard treatment prescribed by a cardiologist. The use of semi-solid oil rose at the same time. Dose: a Gram.Time use: Three consecutive nights .How use: Aromatherapy

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Mohammadi Hospital، Cardiac Care Unit

Full name of responsible person

Foroogh Ziarati

Street address

Shahid Mohammadi Hospital، Jomhuri Eslami Boulevard، Bandar Abbas

City

Bandar Abbas

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Hormozgan University of Medical Sciences
Full name of responsible person
Foroogh Ziarati
Street address
First Floor، Research Center، East Side of Hospital، Shahid Mohammadi Hospital، Jomhuri Eslami Boulvard، Bandar Abbas
City
Bandar Abbas
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Hormozgan 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
Student Research Committee, Hormozgan University of Medical Sciences, Bandar Abbas
Full name of responsible person
Foroogh Ziarati
Position
Student
Other areas of specialty/work
Street address
Research Center، East Side of Hospital، Shahid Mohammadi Hospital، Jomhuri Eslami Boulevard، Bandar Abbas
City
Bandar Abbas
Postal code
Phone
+98 76 3333 6625
Fax
Email
foroogh.ziarati128@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Department of Nursing، Faculty of Nursing and Midwifery، Hormozgan University of Medical Sciences، B
Full name of responsible person
Fouziyeh Mokhtari
Position
MSC
Other areas of specialty/work
Street address
Nursing and Midwifery Faculty، Southern Resalat Street
City
Bandar Abbas
Postal code
Phone
+98 76 3366 6367
Fax
Email
f.mokhtari1391@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Full name of responsible person
Foroogh Ziarati
Position
Student
Other areas of specialty/work
Street address
City
Bandar Abbas
Postal code
Phone
Fax
Email
foroogh.ziarati128@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