Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Assessment the effect of Rosa damascene juice aromatherapy on eldery chronic musculoskeletal pain.

Protocol summary

Summary

The objective of this study is to investigate the effect of rose damascene juice on the elderly's chronic pain of musculoskeletal. Randomized, placebo-controlled, 60 elderly patients with chronic pain who are members of the retirement centers, three centered, in 1395, a blind. After approving the confirmation from the Ethics Committee and permission from the authorities of the center, researchers will enter to these centers, and then using randomized and selected method, those elderlies who have the entry criteria will be assigned to two groups of rose damascene juice and control. Informed consent will be taken by the researcher form the research units. The patients who are literate, will complete the pain intensity assessment tool with the researcher's explanations Otherwise, the researcher will ask and complete the tool and those people whose pain score is at least three will enter the study. Before getting into the job, the pain assessment tools will be completed in two groups. Then in intervention group, instructing of how to work is carried out, This means that three drops of rose juice of Barij Essence will be dropped on linen cloth by researcher and it will be connected to the patient's wear at a distance of 25 cm, and the research units are required to breathe normally. Then we ask them to explain the procedure. This work will be carried out form 9 pm and 6 am for three weeks. Every week, Tools will be completed on the phone in two groups. The same procedure will be performed in the control group, but instead of rose juice almond oil is used.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071828986N1**
Registration date: **2017-01-27, 1395/11/08**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-01-27, 1395/11/08

Registrant information

Name
Somaye Anbari
Name of organization / entity
Sabzevar University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Nursing faculty , Sabzevar University of Medical Sciences

Expected recruitment start date

2016-11-21, 1395/09/01

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessment the effect of Rosa damascene juice aromatherapy on eldery chronic musculoskeletal pain.

Public title

Effect of Rosa damascene juice on Chronic Musculoskeletal pain

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: Chronic musculoskeletal pain ; A member of the retirement centers; Aged 60 years and above; Not having Alzheimer's disease; Without obstruction and nasal congestion, Lack of sensitivity to smells, Do not use other fragrances throughout the study; No loss of smell ; Not blind; Unable to communicate. Exclusion criteria: Hypersensitivity reactions during intervention; The incidence of acute pain during the study; The death of the elderly
Age
From **60 years** old to **75 years** old
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)
Single blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Sabzevar University of Medical Sciences
Street address
Pardise, Tohid street, Sabzevar
City
Sabzevar
Postal code
Approval date
2016-10-10, 1395/07/19
Ethics committee reference number
ir.medsab.rec.1395.77

Health conditions studied

1

Description of health condition studied
Choronic pain
ICD-10 code
R52.1
ICD-10 code description
Chronic intractable pain

Primary outcomes

1

Description
Chronic musculoskeletal pain
Timepoint
Twice a week on Mondays and Thursdays for three weeks
Method of measurement
The hybrid tools of visual and numerical measurement of pain and the McGill short questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Three drops of rose juice of Barij Essence will be dropped on linen cloth by researcher and it will be connected to the patient’s wear at a distance of 25 cm, and the research units are required to breathe normally . This work will be carried out form 9 pm and 6 am for three weeks. Twice each week, on Mondays and Thursdays, the McGill measures of pain questionnaire will be completed in two groups.
Category
Treatment - Drugs

2

Description
Three drops of Sweet almond oil as a placebo which is bought from Barij Essence will be dropped on linen cloth by researcher and it will be connected to the patient’s wear at a distance of 25 cm, and the research units are required to breathe normally. This work will be carried out form 9 pm and 6 am for three weeks. Twice each week, on Mondays and Thursdays, the McGill measures of pain questionnaire will be completed in two groups.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Retirement Centers
Full name of responsible person
Somaye Anbari
Street address
City
Sabzevar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Research Council of Sabzevar University of Medical Sciences
Full name of responsible person
Dr Mohammad Mohammadzade
Street address
Pardise, Tohide street, Sabzevar
City
Sabzevar
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Council of Sabzevar 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
University of Medical Sciences
Full name of responsible person
Somaieh Anbari
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Gerontological Nursing student , Nursing Bachelor
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Person responsible for scientific inquiries

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Person responsible for updating data

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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