

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

Assessment the effect of Rosa damascene juice aromatherapy on elderly 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 elderly 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 from 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 from 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

Country

Iran (Islamic Republic of)

Phone

+98 51 4421 4377

Email address

anbaris93@medsab.ac.ir

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 elderly 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

Paradise, 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

Chronic 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

Position

Gerontological Nursing student , Nursing Bachelor

Other areas of specialty/work**Street address**

Pardise, Tohid street, Sabzevar

City

Sabzevar

Postal code**Phone**

+98 51 4421 4377

Fax**Email**

anbari.s71@gmail.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Sabzevar University of Medical Sciences

Full name of responsible person

Zahra Estaji

Position

Master of Surgery

Other areas of specialty/work**Street address**

Pardise, Tohid street , Sabzevar

City

Sabzevar

Postal code**Phone**

+98 51444446070

Fax**Email**

Z.estaji@yahoo.com

Web page address

www.medsab.ac.ir

Person responsible for updating data

Contact**Name of organization / entity**

Sabzevar University of Medical Sciences

Full name of responsible person

Somaye Anbari

Position

Gerontological Nursing student, Nursing Bachelor

Other areas of specialty/work**Street address**

Pardise, Tohid street, Sabzevar

City

Sabzevar

Postal code**Phone**

+98 51 4421 4377

Fax**Email**

anbari.s71@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