

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jun 2026

The survey effect of lavender aromatherapy on the pain level after cesarean section among women referred to Al-Zahra hospital in Rasht in 2016- 2017

Protocol summary

Summary

This study determining effect of lavender aromatherapy on the pain level after cesarean section among women referred to Al-Zahra Hospital in Rasht during 2016-2017. This study is a double blind clinical trial on pregnant women. Inclusion criteria: pain VAS score higher than 3; using spinal anesthesia; use of a type of anesthetic (bupivacaine 0.05); no concurrent operation; duration of operation less than 90 min; full term pregnancy; no history of allergies to medicinal plants, anosmia, migraines, chronic headaches, coagulation disorders, polyhydramnios, diabetes, preeclampsia, twin pregnancy. Exclusion criteria: nausea, vomiting; allergy or absence of patients satisfaction after first dose of aromatherapy. The Samples was selected from mothers who will refer to the hospital for C-section surgery will be divided, based on the table of randomized block design, into two groups of A and B, each composed of 55 people. The experimental group will be treated with Lavender essence in three phases, and the control group will receive placebo with identical arrangements. The pain of patients before and after intervention will be evaluated by VAS. The first evaluation by VAS will be performed 4 hours after the surgery. In the experimental group, 5 drops (100%) lavender essence will be applied on a cotton swab and the swab will be placed for 3 minutes in the oxygen mask ; 30 minutes after removing the swab, a second pain evaluation will be performed. Second and third phases of test will be similar to the first phase (6 and 12 hours after the surgery).

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016072529063N1**
Registration date: **2016-09-19, 1395/06/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-09-19, 1395/06/29

Registrant information

Name

Sedigheh Pakseresht

Name of organization / entity

Guilan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 911 331 5015

Email address

pakersht@gums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahid Beheshti Faculty of Nursing & Midwifery

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2017-01-20, 1395/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The survey effect of lavender aromatherapy on the pain level after cesarean section among women referred to Al-Zahra hospital in Rasht in 2016- 2017

Public title

Effect of lavender aromatherapy on the pain level after cesarean section

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: pain VAS score higher than 3; using spinal anesthesia; use of a type of anesthetic(bupivacaine 0.05); no concurrent operation; duration of operation less than 90 min; full term pregnancy; no history of allergies to medicinal plants, anosmia, migraines, chronic headaches, coagulation disorders, polyhydramnios, diabetes, preeclampsia, twin pregnancy. Exclusion criteria: nausea, vomiting; allergy or absence of patients satisfaction after first dose of aromatherapy.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **110**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Guilan University of Medical Sciences

Street address

Shahid Beheshti School of Nursing and Midwifery,
Daneshjoo St., Shahid Beheshti Highway

City

Rasht

Postal code

39841-41469

Approval date

2016-06-21, 1395/04/01

Ethics committee reference number

IR.GUMS.REC.1395.109

Health conditions studied**1****Description of health condition studied**

Pain

ICD-10 code

R52.0

ICD-10 code description

Acute Pain

Primary outcomes**1****Description**

Pain

Timepoint

4, 8 and 12 hours after C-section(before and after intervention)

Method of measurement

Visual Analogue Scale

Secondary outcomes**1****Description**

Respiratory rate

Timepoint

Before each intervention and after half an hour each intervention

Method of measurement

According to measurements by watches with counting the abdominal breathing

2**Description**

Pulse rate

Timepoint

Before each intervention and after half an hour each intervention

Method of measurement

By measuring the watch has a second hand

3**Description**

Blood pressure

Timepoint

Before each intervention and after half an hour each intervention

Method of measurement

Sphygmomanometer

Intervention groups**1****Description**

In the experimental group, 5 drops (100%) lavender

essence will be applied on a cotton swab and the swab will be placed for 3 minutes in the oxygen mask 4 hours after the surgery ; 30 minutes after removing the swab, a second pain evaluation will be performed. Second and third phases of test will be similar to the first phase (6 and 12 hours after the surgery

Category

Prevention

2

Description

control group: 5 drops of placebo will be applied on a cotton swab and the swab will be placed for 3 minutes in the oxygen mask

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital

Full name of responsible person

Dr. Farnosh Farzie(Associate Proessor and hospital administration)

Street address

Namjoo St., in front of Azodi Stadium, Rasht, Guilan, Iran

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan university of Medical Sciences

Full name of responsible person

Dr. Rasool Tabari

Street address

Vice Chancellor for Research and Technology, In front of Sepah Bank, Shahid Beheshti Boulevard West -

City

Rasht

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Guilan 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

Shahid Beheshti School of Nursing and Midwifery

Full name of responsible person

Sedigheh Pakseresht

Position

Associate Professor

Other areas of specialty/work

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Dr Sedigheh Pakseresht

Position

PhD

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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