

# 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**

**Street address**

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

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**Person responsible for scientific inquiries**

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Shahid Beheshti School of Nursing and Midwifery

**Full name of responsible person**

Dr Sedigheh Pakseresht

**Position**

PhD

**Other areas of specialty/work**

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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*