

Clinical Trial Protocol

Iranian Registry of Clinical Trials

14 Jul 2026

The effects of inhaling lavender on pain and anxiety caused by bone marrow aspiration

Protocol summary

Summary

The most frequent complaint is pain in the bone marrow biopsy. In many studies, it is considered unacceptable pain for patients. Experienced pain during and after the procedure causes fear and patients unwilling to continue the follow-up biopsy. One of the factors affecting the pain and anxiety before the procedure is a bone marrow examination. This investigation aimed to determine the clinical trial is done and its purpose of inhalation of lavender on pain and anxiety caused by bone marrow aspiration. The study included 40 subjects in the intervention and control groups is, in both pain and anxiety before the intervention will be investigated and then the control group patients before bone marrow examination 3 drops of distilled water was dropped on a cotton ball placed inside a sealed container from a distance of 7-10 cm will inhale for 10 minutes. In the experimental group, inhaling lavender, 3 drops of lavender on a cotton spinner bullet and placed inside a box and closed one of the volunteers will be asked to open the door cans and at a distance of 10-7 inches from nose to breathe normally before 10 minutes. The pain and anxiety after the intervention studied. Then will be compare the results from both methods .

General information

Acronym

Bone marrow aspiration

IRCT registration information

IRCT registration number: **IRCT2016121431417N1**

Registration date: **2017-02-13, 1395/11/25**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-02-13, 1395/11/25

Registrant information

Name

Fariba Tabari

Name of organization / entity

School of Nursing and Midwifery ,Tehran University of Medical Sciences, Tehran, Iran

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4327

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2016-03-19, 1394/12/29

Expected recruitment end date

2017-03-20, 1395/12/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of inhaling lavender on pain and anxiety caused by bone marrow aspiration

Public title

The effects of inhaling lavender on bone marrow aspiration

Purpose

Supportive

Inclusion/Exclusion criteria

• age 18 and older • being alert to time, place and persons at the time of data collection. • insensitivity to lavender • no history for alcohol and drugs consumption

- having the ability to smell • education at least literate
- no history of mental illness • lack of moderate and severe pain

Age

From **18 years** old to **99 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

This study is a clinical trial that aims to determine the effect of inhalation of lavender on pain and anxiety caused by bone marrow aspiration. RAS generated random sequence using the software and immediately after the biopsy pain and anxiety in patients studied. In the test group to inhale the scent of lavender as well as consult with teachers of traditional medicine 15 minutes before a bone marrow examination 3 drops of lavender ten percent on a cotton ball with spinner inside a box closed one set, and the candidate will be asked doors open cans at a distance of 10-7 inches from nose to breathe normally for 15 minutes until pain and anxiety immediately after the biopsy should be considered. The results of the two methods will be compared.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

School of Nursing and Midwifery, Tehran University of Medical Sciences

City

Tehran

Postal code

1419733171

Approval date

2016-11-21, 1395/09/01

Ethics committee reference number

IR.TUMS.FNM.REC.1395.780

Health conditions studied

1

Description of health condition studied

Bone marrow puncture

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Pain

Timepoint

Immediately after biopsy

Method of measurement

Data collection Visual Analogue Scale

Secondary outcomes

1

Description

Anxiety

Timepoint

Immediately after sampling

Method of measurement

Anxiety Visual Scale

Intervention groups

1

Description

The most frequent complaint is pain in the bone marrow biopsy. In many studies, it is considered unacceptable pain for patients. Experienced pain during and after the procedure causes fear and patients unwilling to continue the follow-up biopsy. One of the factors affecting the pain and anxiety before the procedure is a bone marrow examination. This investigation aimed to determine the clinical trial is done and its purpose of inhalation of lavender on pain and anxiety caused by bone marrow aspiration. The study included 40 subjects in the intervention and control groups is, in both pain and anxiety before the intervention will be investigated and then the control group patients before bone marrow examination 3 drops of distilled water was dropped on a cotton ball placed inside a sealed container from a distance of 7-10 cm will inhale for 10 minutes. In the experimental group, inhaling lavender, 3 drops of lavender on a cotton spinner bullet and placed inside a box and closed one of the volunteers will be asked to open the door cans and at a distance of 10-7 inches from nose to breathe normally before 10 minutes. The pain and anxiety after the intervention studied. Then will be compare the results from both methods .

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Shariati Hospital, Tehran

Full name of responsible person

Fariba Tabari

Street address

Faculty of Nursing and Midwifery, Tehran University of Medical Science, Nosrat St. , Tohid Sq., Post Code

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Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Dr. Masoud Younesian

Street address

Sixth floor, Tehran University of Medical Sciences, Keshavarz blvd.an

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Tehran 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**

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

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Position

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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