

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

30 May 2026

### the effect of “Citrus Aurantium” aroma on anxiety of acute coronary syndromes’ Patients hospitalized in the Coronary Care Unit

#### Protocol summary

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#### Summary

this study aimed to The Effect of “Citrus Aurantium” Aroma on anxiety of acute coronary syndromes’ Patients hospitalized in the Coronary Care Unit.and Inclusion criteria of having acute coronary syndrome.Exclusion criteria: patient's unwillingness to continue.this Study in acute coronary syndrome patients admitted to the cardiac intensive care unit will be.The sample size in both the control group and 70 patients in the intervention group of 70 people.Aroma therapy intervention with citrus aurantium30%for 4 times over two days and in the placebo-treated control group notes done 4 times in two days. before and after aromatherapy its completion is measured patients' anxiety.

#### Recruitment status

**Recruitment complete**

#### Funding source

Shahed University

#### Expected recruitment start date

2017-04-04, 1396/01/15

#### Expected recruitment end date

2017-06-20, 1396/03/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2017011331919N1**

Registration date: **2017-05-09, 1396/02/19**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2017-05-09, 1396/02/19

##### Registrant information

###### Name

Farhad Moslemi

###### Name of organization / entity

Shahed University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 6641 8589

###### Email address

#### Scientific title

the effect of “Citrus Aurantium” aroma on anxiety of acute coronary syndromes’ Patients hospitalized in the Coronary Care Unit

#### Public title

the effect of “Citrus Aurantium” aroma on anxiety

#### Purpose

Treatment

#### Inclusion/Exclusion criteria

Inclusion criteria: a diagnosis of acute coronary syndrome:satisfaction and interest in participating in the study:lack of active mental illness and mental retardation:deafness: blindness: problems of smell: lack of sensitivity to aurantium: no drug Exclusion criteria: patient's unwillingness to continue the study: discharge and transfer patients to other centers

#### Age

No age limit

#### Gender

Both

#### Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 140

## 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

Shahed University

##### Street address

facing the Holy Shrine of Imam Khomeini (RA):  
Highway, Tehran, the Persian Gulf (Tehran - Qom)

##### City

Tehran

##### Postal code

3319118651

##### Approval date

2017-02-13, 1395/11/25

##### Ethics committee reference number

IR.Shahed.REC.1395.172

## Health conditions studied

### 1

#### Description of health condition studied

acute coronary syndrome

#### ICD-10 code

I24.9

#### ICD-10 code description

Acute ischaemic heart disease, unspecified

## Primary outcomes

### 1

#### Description

ANXIETY

#### Timepoint

Smooth over the intervention and 12 hours after  
intervention

#### Method of measurement

Anxiety Inventory Spielberger

## Secondary outcomes

### 1

#### Description

depression

#### Timepoint

Before and after intervention

#### Method of measurement

Beck depression questionnaire

## Intervention groups

### 1

#### Description

The intervention group patients' anxiety is measured by a questionnaire. 6 drops of citrus aurantium 30 percent on a piece of gauze. For twenty minutes we hung patient's collar. Do this twice a day for two days and do. And after two days of anxiety again Patients are evaluated.

#### Category

Other

### 2

#### Description

Patients in the control group measured anxiety. The aromatherapy is done with liquid paraffin as placebo Six drops of placebo on small gas spills For twenty minutes we hung patient's collar. This work will be performed twice a day for two days. Anxiety patients will then re-evaluate.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Torfeh Hospital

##### Full name of responsible person

Farhad Moslemi

##### Street address

Opposite the Islamic Propaganda Organization: Street  
Ibn Sina

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Shahed University of Medical Sciences

##### Full name of responsible person

Mohamadreza Heidari

**Street address**

Nursing College of Shahed

**City**

Tehran

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

Yes

**Title of funding source**

Shahed 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**

Nursing College of Shahed

**Full name of responsible person**

FarhadMoslemi

**Position**

Bachelor of Nursing

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

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**Web page address****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shahed University

**Full name of responsible person**

Mohamdreza Heidari

**Position**

Nursing Ph.D.

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**Web page address****Person responsible for updating data****Contact****Name of organization / entity**

Shahed University

**Full name of responsible person**

Farhad Moslemi

**Position**

Bachelor of Nursing

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

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**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*