

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of of Roses (*Rosa damascena*) Aroma on the anxiety and quality of sleep in the third trimester in pregnant women

Protocol summary

Summary

The aim of this study was to investigate the effect of Rose Rhythm on anxiety and third-grade sleep quality in pregnant women. This randomized, non-coded, randomized, double-blind, control group (62) and control (62 people) clinical trials. The research samples will be divided into randomly assigned cluster sampling centers for all intervention centers and control B centers, based on all the health centers of the urban community. The statistical information questionnaire of Espilogger and Petersberg will be filled in by samples. Then, the essential oil of Mohammad's flower will be given to the test group to put 3 drops on a cloth for 2 weeks each night before bedtime and put them on the pillow to expose the perfume during the night to the inhalation. In the control group, only the usual care of the pregnancy will be done by the mother's regular visit to the clinic.

General information

Acronym

Aromatherapy in pregnancy

IRCT registration information

IRCT registration number: **IRCT2017052134063N1**

Registration date: **2017-10-03, 1396/07/11**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-10-03, 1396/07/11

Registrant information

Name

Azita moharamkhani

Name of organization / entity

Islamic Azad University of Isfahan (Khorasgan)

Country

Iran (Islamic Republic of)

Phone

+98 31 3535 4001

Email address

a.moharamkhani@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Islamic Azad University of Isfahan (Khorasgan)

Expected recruitment start date

2017-10-12, 1396/07/20

Expected recruitment end date

2017-12-11, 1396/09/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of of Roses (*Rosa damascena*) Aroma on the anxiety and quality of sleep in the third trimester in pregnant women

Public title

The effect of of Roses (*Rosa damascena*) Aroma on anxiety and sleep quality in the third trimester of pregnant women in Abhar city clinic in 2016

Purpose

Treatment

Inclusion/Exclusion criteria

The age range of 18-35 years of single-pregnancy
Gestational age 38-28 Having a healthy pregnancy At least the reading and writing skills Insensitivity to Golmohammadi Essential Oil Not having an inhaled problem Do not have respiratory illnesses like asthma and allergies Not having a history of nasal and nasal polyposis Do not use any hypnotics or anxiety drugs Exit terms: Unwillingness to cooperate The occurrence of any

problem in pregnancy is considered during the study of non-regular intervention for one third of the time Use of sleep medications and anxiety

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **124**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Preparation of Roses (Rosa damascena) Designed for This Study

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Najaf Abad University

Street address

Iran, Isfahan, Najaf Abad, University Blvd, Islamic Azad University, Najaf Abad

City

Isfahan

Postal code

00983142292929

Approval date

2017-04-20, 1396/01/31

Ethics committee reference number

IR.IAU.NAJAFABAD.REC.1396.29

Health conditions studied

1

Description of health condition studied

Anxiety and quality of sleep in the third trimester of pregnant women

ICD-10 code

O20-O29

ICD-10 code description

O20-O29

Primary outcomes

1

Description

anxiety and sleep quality in the third trimester of pregnant women

Timepoint

XV Pregnancy, childbirth and the puerperium

Method of measurement

XV Pregnancy, childbirth and the puerperium

2

Description

sleep quality

Timepoint

14 days

Method of measurement

Petersberg Questionnaire

Secondary outcomes

1

Description

sleep quality

Timepoint

14 days

Method of measurement

Petersberg Questionnaire

2

Description

Anxiety

Timepoint

14 days

Method of measurement

Spiel Berger questionnaire

Intervention groups

1

Description

The intervention group, along with the usual pregnancy care at the center of the city community, also receive a floral scent from Mohammadi. In this way, for 14 days, every 3 o'clock, drops of a flower extract are placed on a cotton cloth and put on their own pillows to expose the fragrance during the night.

Category

Treatment - Drugs

2

Description

The control group receives only the care of the current pregnancy period of the community health center without intervention

Category

Recruitment centers

1

Recruitment center

Name of recruitment center

Clinic No. 5

Full name of responsible person

Azita moharamkhani

Street address

First of 17 shahrinar street

City

Abbhar

2

Recruitment center

Name of recruitment center

Clinic No. 6

Full name of responsible person

Azita moharamkhani

Street address

Moalem Square

City

Abbhar

3

Recruitment center

Name of recruitment center

Clinic No. 8

Full name of responsible person

Azita moharamkhani

Street address

Hussein Abad - the end of Mousavi Street

City

Abbhar

4

Recruitment center

Name of recruitment center

Clinic No. 1

Full name of responsible person

Azita moharamkhani

Street address

Dr. Beheshti Avenue

City

Abbhar

5

Recruitment center

Name of recruitment center

Clinic No. 2

Full name of responsible person

Azita moharamkhani

Street address

Dr. Beheshti Avenue - Fayyaz Branch Alley

City

Abbhar

6

Recruitment center

Name of recruitment center

Clinic No. 3

Full name of responsible person

Azita moharamkhani

Street address

Beheshti Avenue - Tohid Square

City

Abbhar

7

Recruitment center

Name of recruitment center

Clinic No. 4

Full name of responsible person

Khodagoli

Street address

17 shahrivar Street

City

Abbhar

8

Recruitment center

Name of recruitment center

Clinic No. 7

Full name of responsible person

Sahar Nassiri

Street address

Abhar - Shahid Beheshti - Alley of Benesh

City

Abbhar

9

Recruitment center

Name of recruitment center

Clinic No. 9

Full name of responsible person

Jafari

Street address

Valiasr Streetr -Varzesh square

City

Abbhar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University of Isfahan (Khorasgan)

Full name of responsible person

forozandeh dashti

Street address

Isfahan- East Azarbayjan-Arghavaniyeh- University

Blvd- Faculty of Nursing and Midwifery

City

Isfahan

Grant name

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

Yes

Title of funding source

Islamic Azad University of Isfahan (Khorasgan)

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**

Isfahan University of Khorasgan Branch

Full name of responsible person

Azita moharamkhani

Position

Master of Nursing

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

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

Islamic Azad University of Isfahan (Khorasgan)

Full name of responsible person

Azita Moharamkhani

Position

Master's student, presenter

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

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Fax**Email**

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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

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

Islamic Azad University of Isfahan (Khorasgan)

Full name of responsible person

forozandeh dashti

Position

Midwifery student

Other areas of specialty/work