

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Chammomil fragrance impact on anxiety and pain after cesarean section in nulliparous women

Protocol summary

Summary

The aim of this study was to investigate the effect of chamomile on the severity of postoperative pain and post-cesarean anxiety in primipara mothers. Design: Double blind clinical trial with placebo method: In this study, after obtaining informed consent, patients will be randomly divided into two groups of intervention and control. 43 people will be in every group. Members of both groups at the first completed the questionnaire of visual acuity and Spilberger's apparent and hidden anxiety. Then the members of the intervention group inhale the chamomile fragrance for ten minutes, and the members of the control group inhale the distilled water. After 10 minutes of inhalation, again, in both groups, the intervention and control, the visual acuity questionnaire and Spilberger's apparent and hidden anxiety are completed. Inclusion criteria: age 18 to 35 years; use of spinal anesthesia; transverse incision; duration of operation less than 90 minutes; Iranian race; singleton pregnancy; absence of simultaneous surgery; Not having chamomile sensitivity; lack of anxiety disorders. exclusion criteria: Inertia during or after surgery; Ileus.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052834169N1**

Registration date: **2017-09-05, 1396/06/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-05, 1396/06/14

Registrant information

Name

Zahra liman Panah

Name of organization / entity

Gonabad University Of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Gonabad University Of Medical Sciences

Expected recruitment start date

2017-06-01, 1396/03/11

Expected recruitment end date

2017-07-31, 1396/05/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Chammomil fragrance impact on anxiety and pain after cesarean section in nulliparous women

Public title

Chammomil effect on pain and anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

inclusion criteria, 18 to 35 years, the use spinal anesthesia, transects, operation times less than 90 minutes, Iranian race; single pregnancy, no time surgery, insensitivity to MC, the absence of anxiety disorders; exclusion criteria: ileus, inersi during or after operation.

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: **98****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**

Gonabad University Of Medical Sciences

Street address

Gonabad University Of Medical Sciences

City

Gonabad

Postal code**Approval date**

2017-02-19, 1395/12/01

Ethics committee reference number

IR.GMU.REC.1395.124

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

Anxiety

ICD-10 code

f41.1

ICD-10 code description

Generalized anxiety disorder

2**Description of health condition studied**

Pain

ICD-10 code

R52.0

ICD-10 code description

Acute pain

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

PAIN

Timepoint

10 MINUTES

Method of measurement

VAS

2**Description**

anxiety

Timepoint

10minute

Method of measurement

spilberg anxiety inventory

Secondary outcomes

empty

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

intervention group: Seven drops of chamomile fragrance for 10 minutes inhalation

Category

Treatment - Drugs

2**Description**

control group: Seven drops of strill water for 10 minutes .

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hakim Hospital, Neishaboor

Full name of responsible person

Dr Noori

Street address

Neishabour, Hakim Hospital

City

Neishabour

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Gonabad University Of Medical Sciences

Full name of responsible person
Dr Alireza MohammadZadei

Street address
Gonabad University Of Medical Sciences

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Gonabad

Grant name

Grant code / Reference number

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

Title of funding source
Gonabad 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
Gonabad University Of Medical Sciences

Full name of responsible person
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Position
expert

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