Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Comparion of aromatherapy with essential oils of Lavender and Rose on sleep quality in patients undergoing chemotherapy

Protocol summary

Summary

The aim of this study was to "Determine the effect of the aroma of the extract of the bone extract on the quality of sleep in patients undergoing chemotherapy" with available sampling and random allocation in four groups: Veroustos, Golmohammadi, Osnavas and placebo, and one-sided with sample size 30 people will be in each group.Criteria for inclusion in the study include: A lack of stressful events such as near-death or surgery in the last six months, Age range from 18 to 60 years, Having the consent to participate in the study, Do not use the herbal remedy in the past month,Not having allergic rhinitis, asthma, chronic pulmonary disease, sleep disorders and other chronic diseases that affect the sense of smell., Lack of susceptibility to medicinal herbs, Lack of sleeping pills, Have a minimum 3-day course of chemotherapy. Exclusion criteria included: Occurrence of stressful events: close lives, divorces and ... during the study, Unwillingness to continue cooperation in the study, Use sleep Palliative interventions during the study, Symptoms of allergy to the fragrance used, Having pain during the study (indicated by the patient's question. Three drops of the essential oil and in the placebo group, distilled water was washed with napkins from the night after chemotherapy at 10 o'clock in the intervention with 5 deep breaths for 10 minutes at identical intervals by the patient for three consecutive nights and the quality of sleep with a questionnaire Petersburg is measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061134457N1**
Registration date: **2017-07-09, 1396/04/18**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-07-09, 1396/04/18

Registrant information

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Shahin Tohidi
Name of organization / entity
lorestan University of Medical Sciences
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Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Research Deputy of Hamedan University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2018-04-21, 1397/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparion of aromatherapy with essential oils of Lavender and Rose on sleep quality in patients undergoing chemotherapy

Public title

CAM and cancer

Purpose

Supportive

Inclusion/Exclusion criteria

Criteria for inclusion in the study: lack of stressful events such as near-death or surgery in the last six months; age range from 18 to 60 years old; having the consent to participate in the study; do not use the herbal remedy in the past month; not having allergic rhinitis, asthma, chronic pulmonary disease, sleep disorders and other chronic diseases that affect the sense of smell; lack of susceptibility to medicinal herbs' not using sleeping pills; take minimum 3-day course of chemotherapy. Exclusion criteria: occurrence of stressful events: close lives, divorces and ... during the study; unwillingness to continue cooperation in the study; use sleep palliative interventions during the study; symptoms of allergy to the fragrance used; having pain during the study (indicated by the patient's question).

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Hamadan University of Medical Sciences

Street address

Shahid Fahmida Boulevard opposite Mellat Park

City

Hamadan

Postal code

Approval date

2017-05-13, 1396/02/23

Ethics committee reference number

IR.UMSHA.REC.1396.107

Health conditions studied

1

Description of health condition studied

Chemotherapy

ICD-10 code

G47

ICD-10 code description

Disorders of initiating and maintaining sleep

Primary outcomes

1

Description

sleep quality

Timepoint

Before and 1-3 nights during the intervention

Method of measurement

Standard sleep quality questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Each day, each of the research samples that had the criteria for entering the study, randomly assigned to the group Golmohammadi =, RL = botox, placebo p = and M combination (Golmohammadi and Stouchetus 3 to 2) respectively To complete the sample size in each group and in the four groups as a whole.) After determining each research unit, the demographic information questionnaire is completed with the patient's interview and his case study. Also, the Pittsburgh Sleep Quality Questionnaire was interviewed by the patient in the morning of the first day Chemotherapy is complete.

Category

Treatment - Other

2

Description

In the placebo group, distilled water was washed by napkins from the night after chemotherapy at 10 o'clock in the evening with 5 deep breaths for 10 minutes at identical intervals by the patient, and disinfected disinfectant napkins in front of the patient's clothing at intervals of 10-15 Connected to the nose at the end of the intervention (three nights of chemotherapy), the Peterburger Sleep Quality Questionnaire is again completed by the patient and interviewed.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Deputy of Research and Technology, Hamedan University of Medical Sciences

Full name of responsible person
Dr. Saeed Bashirian

Street address
Shahid Fahmidah, Hamedan University of Medical Sciences

City
Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Dr. Saeed Bashirian

Street address
Shahid Fahmidah, Hamedan University of Medical Sciences

City
Hamedan

Grant name

Grant code / Reference number

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

Title of funding source
Hamedan 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
Hamedan School of Nursing and Midwifery

Full name of responsible person
Shahin Tohidi

Position
Nursing faculty member

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