

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Inhalation Aromatherapy with Lavender Essential oil on some of menopausal symptoms and quality of life in post-menopausal women under coverage of Isfahan,s selected health care center in 2017

Protocol summary

Summary

1) The objective of present study is determining of the effect of lavender aromatherapy on some menopausal symptoms and quality of life in postmenopausal women. 2) Design: The study is a randomized with both control and intervention group this clinical randomized, placebo-controlled clinical trial. 3) Setting and conduct: 62 menopausal women who have Kupperman Index Score> admitted in the Health Centers No. 1 and 2 in Isfahan City) will be randomly placed in the intervention and control groups. 4) Participants including have major inclusion criteria: Amenorrhea>12 month and<5 year duration, Kupperman Index Score>15, Able to give informed consent (Able to read and write) No history of herbal allergy and lack of respiratory problems. 5) Intervention: seventy menopausal women are the study samples and after one week of monitoring, are randomized blindly to Inhaled Lavender essence(The interventional group and placebo (control group). They should inhale 6 hours for 4 weeks continued every night. 6) Main outcome measures: The primary outcomes variable are menopausal symptoms and quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017081535706N1**
Registration date: **2017-09-05, 1396/06/14**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-05, 1396/06/14

Registrant information

Name

Mozhgan Jokar Jokar

Name of organization / entity

Isfahan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2017-02-19, 1395/12/01

Expected recruitment end date

2017-09-21, 1396/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Inhalation Aromatherapy with Lavender Essential oil on some of menopausal symptoms and quality of life in post-menopausal women under coverage of Isfahan,s selected health care center in 2017

Public title

The effect of Inhalation Aromatherapy with Lavender Essential oil on some of menopausal symptoms

Purpose

Supportive

Inclusion/Exclusion criteria

Main Inclusion criteria: Amenorrhea>12 month and<5

year duration, Kupperman Index Score15: Able to give informed consent (Able to read and write): No history of herbal allergy and lack of respiratory problems such as asthma: Main non-inclusion criteria and exclusion: do not use lavender essence for more than three nights a month: do not have willing to continue during the study

Age

No age limit

Gender

Female

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 70

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee Of Isfahan University of Medical Sciences

Street address

Isfahan University of Medical Sciences, Hezarjerib street, Iran

City

Isfahan

Postal code

۷۳۴۶۱-۸۱۷۴۶

Approval date

2016-07-22, 1395/05/01

Ethics committee reference number

IR.IUMS.rec.1395.2.055

Health conditions studied

1

Description of health condition studied

menopause

ICD-10 code

N95.1

ICD-10 code description

Menopausal and female Climacteric

Primary outcomes

1

Description

Menopausal Symptoms

Timepoint

Before and After Intervention

Method of measurement

Copperman Scale

Secondary outcomes

1

Description

Quality Of Life In Menopausal Women

Timepoint

Before and After intervention

Method of measurement

Quality Of Life In Menopausal Women

Intervention groups

1

Description

Interventional group were randomized blindly to Inhaled Lavender essence during sleeping, 6 hours for 8 weeks.

Category

Placebo

2

Description

were randomized blindly to Inhaled Sunflower oil as placebo during sleeping

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Centers No. 2 in Isfahan City

Full name of responsible person

Zamaneh Vafayi

Street address

Saikh Mofid Crossroad, Faiz Street, Isfahan city

City

Isfahsn

2

Recruitment center

Name of recruitment center

Health Centers No. 1 in Isfahan City
Full name of responsible person
Mohamma Hassan Baradaran
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Person responsible for scientific inquiries

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Isfahan University of Medical Sciences.
Full name of responsible person
Seyed Mohammad Hashemi
Street address
Isfahan University of Medical Sciences, Hezarjerib street, Isfahan, Iran
City
Isfahan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice chancellor for research, Isfahan 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

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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