Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison the effect of aromatherapy with lavender and rose on anxiety before surgery

Protocol summary

Summary

The purpose of this study is to Comparison the effect of aromatherapy with lavender and rose on anxiety before surgery. Inclusion criteria are do not using of other anxiety reduction methods and no history of eczema and allergy to plants and no disorder in smell. Exclusion criteria are request to withdraw from the study at any stage and the occurrence of any effects indicating an allergic reaction to the essential used oils. In this clinical trial 135 patients will be selected according to the inclusion criteria and randomly assigned nine-point reversal blocks to three groups of placebo, lavender and red rose (45 subjects each group). In inhaled aromatherapy groups, two drops of essential oils of each plant will be placed on a cloth and the patient will be inhaled from a distance of 7-10 cm and kept for 20 minutes. In the placebo group, two drops of water will be placed on a tissue and similar to the previous two groups, the patient will be inhaled. Immediately before and after the intervention, the mean anxiety score will be determined using the Spielberger standard anxiety questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092136309N1**
Registration date: **2017-10-21, 1396/07/29**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2017-10-21, 1396/07/29

Registrant information

Name

Hossein Jeddi

Name of organization / entity

Gonabad University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Gonabad University of Medical Sciences

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2018-01-21, 1396/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of aromatherapy with lavender and rose on anxiety before surgery

Public title

The effect of aromatherapy on anxiety before surgery

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: do not using of other anxiety reduction methods; no history of eczema and allergy to plants; no disorder in smell. Exclusion criteria: request to withdraw from the study at any stage; the occurrence of any effects indicating an allergic reaction to the essential used oils.

Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **135**
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 Gonabad University of Medical Sciences
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of
City
Gonabad
Postal code
Approval date
2016-07-20, 1395/04/30
Ethics committee reference number
GMU.REC.1395.43

Health conditions studied

1

Description of health condition studied
Anxiety before surgery
ICD-10 code
F41.1
ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Anxiety
Timepoint
Immediately before and after the intervention
Method of measurement
The Spielberger standard instrument (STAI) is widely used by psychologists, specialists and researchers. The credibility and reliability of the Persian translation of that has been reviewed and approved by faculty members of the Shahid Beheshti University of Tehran.

Secondary outcomes

empty

Intervention groups

1

Description
In inhaled aromatherapy red rose groups, two drops of essential oils of red rose will be placed on a cloth and the patient will be inhaled from a distance of 7-10 cm and kept for 20 minutes. Immediately before and after the intervention, the mean anxiety score will be determined using the Spielberger standard anxiety questionnaire.
Category
Treatment - Other

2

Description
In inhaled aromatherapy lavender groups, two drops of essential oils of lavender will be placed on a cloth and the patient will be inhaled from a distance of 7-10 cm and kept for 20 minutes. Immediately before and after the intervention, the mean anxiety score will be determined using the Spielberger standard anxiety questionnaire.
Category
Treatment - Drugs

3

Description
In the placebo group, two drops of water will be placed on a cloth and the patient will be inhaled from a distance of 7-10 cm and kept for 20 minutes. Immediately before and after the intervention, the mean anxiety score will be determined using the Spielberger standard anxiety questionnaire. .
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
The 15 khordad hospital

Full name of responsible person
Street address
City
Gonabad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research, Gonabad University of Medical Sciences
Full name of responsible person
Dr. Ali Mohammadpour
Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi, Iran, Islamic Republic Of.
City
Gonabad
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, 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
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Hossein Jeddi
Position
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Person responsible for scientific inquiries

Contact
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Person responsible for updating data

Contact
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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