

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 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

Iran (Islamic Republic of)

##### Phone

+98 51 5722 5027

##### Email address

h.jeddi@gmu.ac.ir

##### 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

h.jeddi@gmu.ac.ir  
**Web page address**

## 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  
**Full name of responsible person**  
Hossein Jeddi  
**Position**  
BSc in nursing  
**Other areas of specialty/work**  
**Street address**  
Gonabad University of Medical Sciences, Next to the  
Asian Road, Gonabad, Khorasan Razavi, Iran, Islamic  
Republic Of.  
**City**  
Gonabad  
**Postal code**  
**Phone**  
+98 51 5722 5027  
**Fax**  
**Email**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Samane Najafi  
**Position**  
MSc in nursing education  
**Other areas of specialty/work**  
**Street address**  
Gonabad University of Medical Sciences, Next to the  
Asian Road, Gonabad, Khorasan Razavi, Iran, Islamic  
Republic Of.  
**City**  
Gonabad  
**Postal code**  
**Phone**  
+98 51 5722 5027  
**Fax**  
**Email**  
Najafi.s@gmu.ac.ir  
**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Gonabad University of Medical Sciences  
**Full name of responsible person**  
Hossein Jeddi  
**Position**  
BSc in nursing  
**Other areas of specialty/work**  
**Street address**  
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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*