# 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**

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**Email address**

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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

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Gonabad University of Medical Sciences
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BSc in nursing
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*