Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Effect of Rosa Essence Aromatherapy on Anxiety and Job Stress of Nurses in Emergency Department.

Protocol summary

Study aim
Effect of Rosa Essence Aromatherapy on Anxiety and Job Stress of Nurses in Emergency Department
Design
The randomized clinical trial has a controlled group.
Settings and conduct
Place of study in the emergency department of Army Besat Hospital
Participants/Inclusion and exclusion criteria
inclusion ceritria: Have a bachelor's degree in nursing and higher Employment in the emergency department
Intervention groups
The researcher will put two drops of essential oil Mohammadi flower 40% of Barij Essence Kashan on cotton, placed in a small 10-cc dish, and will be provided to the nurses of the Intervention group in a room that is intended for this purpose. For nurses, the control group will place two drops of strille water on cotton and put it at the nurse, then the nurse will be asked to smill it for 10 minutes at a distance of 5 cm.
Main outcome variables
The users of this project can help hospital managers, nurses, doctors, educational and clinical supervisors, hospital trainers, hospital staff as well as patients and hospital patients.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20160122026145N2**
Registration date: **2018-07-02, 1397/04/11**
Registration timing: **registered_while_recruiting**

Last update: **2018-07-02, 1397/04/11**
Update count: **0**
Registration date
2018-07-02, 1397/04/11

Registrant information
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Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2018-07-01, 1397/04/10
Expected recruitment end date
2018-07-21, 1397/04/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of Rosa Essence Aromatherapy on Anxiety and Job Stress of Nurses in Emergency Department.

Public title
Effect of aromatherapy with Rosa Essence on anxiety and Job Stress
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
۱) No sense of smell 2) No use of sedative or anxiety drugs 3) No history of allergy to the smell of plants 4)

The desire to smell the flower of Mohammadi 5) The absence of migraine and chronic headaches 6) Not having anxiety disorders 7) Non-use Perfume or cologne on the day of the intervention

Exclusion criteria:

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization

Blinding (investigator's opinion)

Not blinded

Blinding description

Research units in the group that they are not aware of are in which group and the analyst does not know which group is being analyzed.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Army University Medical Science

Street address

Fatemi Street Etemadzadeh Street

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1411718541

Approval date

2018-06-03, 1397/03/13

Ethics committee reference number

IR.AJAUMS.REC.1397.007

Health conditions studied

1

Description of health condition studied

Anxiety and Job Stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Anxiety and Job stress

Timepoint

Before the intervention and 90 minutes after the intervention

Method of measurement

Spielberger Anxiety Questionnaire and Job Stress Questionnaire by Gary Taft & Anderson

Secondary outcomes

empty

Intervention groups

1

Description

In the intervention group, before the start of the shift, two drops of essential oil of 40% of the barij oil of Kashan Essence, which is putted on cotton and placed within 10 cc, is breath by nurses from a distance of 5 cm for ten minutes.

Category

Treatment - Other

2

Description

water is used as a placebo in control group

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان بعثت

Full name of responsible person

مریم غلامی

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Sponsors / Funding sources

1

Sponsor

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Grant name

Grant code / Reference number

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

Title of funding source
Artesh University of Medical Sciences

Proportion provided by this source
100

Public or private sector
Public

Domestic or foreign origin
Domestic

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact

Name of organization / entity
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Masters Student

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available