

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The Effects of Inhalation of Rosa Damascene Essential Oil on Fatigue and Anxiety among Cancer Patients Receiving Chemotherapy

Protocol summary

Study aim

Determining the Effect of Inhalation Therapy on Essential Oil of Damask Rosea on the Fatigue and Anxiety of Cancer Patients Under Chemotherapy

Design

This clinical trial was conducted with a control group at Khansaria Hospital in Arak. 64 cancer patients undergoing chemotherapy were selected based on the inclusion criteria by simple random sampling and the random number block using letters A and B to 2 groups: Inhaled aromatherapy (32 patients) and control group (32).

Settings and conduct

Khansari Hospital in Arak.

Participants/Inclusion and exclusion criteria

Patients with head and neck cancer

Intervention groups

The fatigue and anxiety levels of the patients were assessed by a researcher before intervention using the BFI and Spielberger questionnaires. by the assistant Using a pipette, distilled water was dropped on a 10 x 10 cm gauze which was attached to the collar of the patient's shirt, about 20 cm from their nose. The patients in the intervention group in addition to the usual nursing care, inhaled 5 drops of damask rose essential oil 40% Prepared by the pharmacist, for 20 min, for 3 day consecutive, while In the control group, addition to the usual nursing care, the patients inhaled five drops of distilled water as placebo through the same procedure. researcher measured Patients' anxiety 20 minutes after intervention by using the Spielberger's questionnaire .researcher measured Patients' fatigue in 30 and 60 minutes after intervention by using the BFI questionnaire.

Main outcome variables

fatigue and anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111015007803N3**

Registration date: **2018-08-29, 1397/06/07**

Registration timing: **retrospective**

Last update: **2018-08-29, 1397/06/07**

Update count: **0**

Registration date

2018-08-29, 1397/06/07

Registrant information

Name

Faraz Mojab

Name of organization / entity

Shahid Beheshty University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8820 0061

Email address

sfmojab@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-04-20, 1397/01/31

Expected recruitment end date

2018-06-21, 1397/03/31

Actual recruitment start date

2018-06-18, 1397/03/28

Actual recruitment end date

2018-08-19, 1397/05/28

Trial completion date

empty

Scientific title

The Effects of Inhalation of Rosa Damascene Essential Oil on Fatigue and Anxiety among Cancer Patients Receiving Chemotherapy

Public title

The Effects of Inhalation of Rosa Damascene Essential Oil on Fatigue and Anxiety among Cancer Patients Receiving Chemotherapy

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Age greater than 18 and less than 70 years Cancer patients with at least one chemotherapy course with a 21 day interval from the last session. Detect stage 2, 3, and 4 of all cancers other than head and neck and lung with the opinion of the relevant physician. Full vigilance No history of cigarette and drug addiction Earning a score higher than 20 after responding to the Spielberger questionnaire in the pre-test Non-use of benzodiazepines, tranquilizers and opioids during intervention Without a history of migraine and chronic headaches Non-impaired sense of smell (without obstruction and nasal congestion) and healthy sense of smell) through smelling of alcohol). Inability of the patient to answer questions (in terms of physical and mental status) lack of patient psychiatric problems (hospitalization or other medical treatment is not due to mental disorders). Stable and stable hemodynamic status Not having a history of allergy to the smell of herbs and any scent or fragrance Not having respiratory diseases The desire to participate in research Do not use any other scent during the study

Exclusion criteria:

Patients with head and neck cancer

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **64**

Actual sample size reached: **64**

Randomization (investigator's opinion)

Randomized

Randomization description

The method of sampling in this study was simple random sampling. How to place the selected samples in the test and control group based on the random number block method. From the first patient, one of the letters A and B was randomly selected. The first patient in the experimental group and the second patient in the control group were placed and then the patients were placed in the test and control groups, respectively. 32 patients in the experimental group and 32 patients in the control group were considered.

Blinding (investigator's opinion)

Double blinded

Blinding description

This study is a double-blind clinical trial in which patients, who measure the outcomes of the study (the researcher), are unaware of how the patients received the intervention.

Placebo

Used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The Ethics Committee of Islamic Azad University, Tehran Medical Branch

Street address

Shariati St., Khaghani St. - Islamic Azad University, Tehran Medical Sciences

City

Tehran

Province

Tehran

Postal code

1916893813

Approval date

2017-07-26, 1396/05/04

Ethics committee reference number

IR.IAU.TMU.REC.1396.68

Health conditions studied**1****Description of health condition studied**

People with cancer under chemotherapy

ICD-10 code

C80.9

ICD-10 code description

Malignant neoplasm, unspecified

Primary outcomes**1****Description**

Fatigue of patients with cancer under chemotherapy

Timepoint

Before the intervention and 30, 60 minutes after the intervention for three consecutive days

Method of measurement

Standard Fatigue Fatigue Questionnaire (BFI)

2

Description

Anxiety in patients with cancer under chemotherapy

Timepoint

Before the intervention and 20 minutes after the intervention for three consecutive days

Method of measurement

Spilberger Situational Anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description

The fatigue and anxiety levels of the patients were assessed by a researcher before intervention using the BFI and Spielberger questionnaires. by the assistant Using a pipette, distilled water was dropped on a 10 × 10 cm gauze which was attached to the collar of the patient's shirt, about 20 cm from their nose. The patients in the intervention group in addition to the usual nursing care, inhaled 5 drops of damask rose essential oil 40% Prepared by the pharmacist, for 20 min, for 3 day consecutive , while In the control group, addition to the usual nursing care, the patients inhaled five drops of distilled water as placebo through the same procedure. researcher measured Patients' anxiety 20 minutes after intervention by using the Spielberger's questionnaire .researcher measured Patients' fatigue in 30 and 60 minutes after intervention by using the BFI questionnaire.

Category

Treatment - Other

2

Description

Control group: The fatigue and anxiety levels of the patients were assessed by a researcher before of intervention using the BFI and Spielberger questionnaires. by the assistant Using a pipette, distilled water was dropped on a 10 × 10 cm gauze which was attached to the collar of the patient's shirt, about 20 cm from their nose. In the control group, addition to the usual nursing care, the patients inhaled five drops of distilled water as placebo through the same procedure. researcher measured Patients' anxiety 20 minutes after intervention by using the Spielberger's questionnaire .researcher measured Patients' fatigue in 30 and 60 minutes after intervention by using the BFI questionnaire.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak Khansari Hospital

Full name of responsible person

Elham Khosrobeigi

Street address

University Street

City

Arak

Province

Markazi

Postal code

34.1061,49.7134

Email

elhamkhosrobeigi65@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Farshad Hashemian

Street address

Shariati St., Khaghani St. - Islamic Azad University, Tehran Medical Sciences

City

Tehran

Province

Tehran

Postal code

1916893813

Phone

+98 21 2200 6660

Email

iautmu@iautmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Islamic Azad University

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
Arak University of Medical Sciences
Full name of responsible person
Elham Khosrobeigi
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
Arak, Shahid Rajai Avenue., Qodusi Blvd., Moshtaqi Alley
City
Arak
Province
Markazi
Postal code
3818787480
Phone
+98 634120497
Email
elhamkhosrobeigi65@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Islamic Azad University
Full name of responsible person
Dr. Zohreh Parsa Yekta
Position
Professor
Latest degree
Ph.D.
Other areas of specialty/work
Internal Nursing - Surgery
Street address
Zargandeh St., Southern Attary Moghaddam St., Knowledge Alley, Islamic Azad University, Tehran Medical Sciences
City
Tehran
Province
Tehran
Postal code
1916893813
Phone
+98 21220066607
Email
Zparsa@tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Shahid Beheshti University of Medical Sciences

Full name of responsible person
Faraz Mojab
Position
Phd Pharmacognosy
Latest degree
Medical doctor
Other areas of specialty/work
Street address
Valiasr Ave. Niayesh high way
City
Tehran
Province
Tehran
Postal code
1983969411
Phone
+98 21 8820 0120
Fax
Email
sfmojab@yahoo.com
Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is 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

Yes - There is 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

Title and more details about the data/document

The total potential data can be shared after unidentifiable people

When the data will become available and for how long

Starting the access period from 1397

To whom data/document is available

Elham Khosrobeigi

Under which criteria data/document could be used

The total potential data after unidentifiable people is for sharing analysis

From where data/document is obtainable

elhamkhosrobeigi65@yahoo.com

What processes are involved for a request to access data/document

Print in magazine

Comments