

Clinical Trial Protocol

Iranian Registry of Clinical Trials

15 Jul 2026

Comparison of the lemon essence with placebo on anxiety, blood pressure, and electrocardiogram changes in patients with acute myocardial infarction

Protocol summary

Study aim

The comparison of lemon essence with placebo on anxiety, blood pressure and electrocardiogram changes in patients with acute myocardial infarction

Design

A clinical trial with control group, parallel group randomised trial with blinded outcomes

Settings and conduct

The settings of the study would be CCU wards in Faghihi, and Namazi hospital and AlZahra Heart Center affiliated to Shiraz University of Medical Sciences. In this study, a person who collects the outcomes of the study, as well as a statistician and health care provider, will be blind until the end of the study and completion of the data analysis and reporting.

Participants/Inclusion and exclusion criteria

The inclusion criteria were having acute myocardial infarction, being ≥18 years old or above, speak Persian language and oriented to time, person and place. The patients who have had an asthma, a respiratory allergy or be sensitive to extracts of the plant; who have had olfactory problems, and nasal injury; who have being known case of psychological diseases (major depression, anxiety, psychosis, etc.); who have had previous cardiovascular diseases, old myocardial infarction, and performed coronary artery bypass surgery, and Percutaneous transluminal coronary angioplasty; who have had previously arrhythmia (atrial fibrillation, ventricular atrial block, left and right heart block and ...); who have had chronic bronchitis, atelectasis, and other chronic respiratory diseases; who participated in previous studies received complementary and alternative interventions from a week before the intervention would be excluded.

Intervention groups

Take five drops of lemon essence on a cotton pad and put it in an open box at a distance of 20 centimeters of

the patients. This essence is used at 8:30, 10:30, 12:30, 14:30, 16:30, 18:30 and 20:30 hours.

Main outcome variables

Anxiety, blood pressure, and electrocardiogram changes

General information

Reason for update

Acronym

-

IRCT registration information

IRCT registration number: **IRCT20130616013690N5**

Registration date: **2018-09-22, 1397/06/31**

Registration timing: **prospective**

Last update: **2019-09-15, 1398/06/24**

Update count: **3**

Registration date

2018-09-22, 1397/06/31

Registrant information

Name

Masoume Rambod

Name of organization / entity

Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4258

Email address

rambodm@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-09-23, 1397/07/01

Expected recruitment end date

2018-12-13, 1397/09/22

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparison of the lemon essence with placebo on anxiety, blood pressure, and electrocardiogram changes in patients with acute myocardial infarction

Public title
Effect of the lemon essence on patients with acute myocardial infarction

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Diagnosis of acute myocardial infarction according to patient records Patients with ≥18 years old or above be able to speak in Persian language being oriented to time, person and place
Exclusion criteria:
 Patient has an asthma, a respiratory allergy or be sensitive to extracts of the plant the patient had olfactory problems, and nasal injury being known case of psychological diseases (major depression, anxiety, psychosis, etc.) having previous cardiovascular diseases, old myocardial infarction, and performed coronary artery bypass surgery, Percutaneous transluminal coronary angioplasty Presence of previously recognized arrhythmia (atrial fibrillation, ventricular atrial block, left and right heart block and ...) having chronic bronchitis, atelectasis, and other chronic respiratory diseases Participated in previous studies received complementary and alternative interventions from a week before the intervention

Age
From **18 years** old to **80 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Care provider
- Investigator
- Outcome assessor
- Data analyser
- Data and Safety Monitoring Board

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description
Considering the use of lemon essence and the probability of distribution of odor in the CCU ward and its effect on the control group, the CCU wards would be divided into an intervention and control groups, randomly. In order to this, ten CCU wards (three wards in Faghihi hospital,

three wards in Nemazi hospital, and four in AlZahra Heart Center) would be divided into two the intervention and control groups, and based on block randomization with two wards per block, they would assigned into the intervention or control groups

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, the person who evaluates the outcome, the healthcare staff , and the statistician would be remained blind into the groups. For this purpose, all of the above individuals would be blind into the groups until the analysis of the data is complete and reported.

Placebo
Used

Assignment
Parallel

Other design features
-

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic Committee of Shiraz University of Medical Sciences

Street address

Vice chancellor for research affairs, seven floor, Shiraz University of Medical Science, beside Helal Ahmar, Zand Ave, Shiraz, Iran

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2018-07-29, 1397/05/07

Ethics committee reference number

IR.SUMS.REC.1397.412

Health conditions studied

1

Description of health condition studied

Acute myocardial infarction

ICD-10 code

I21

ICD-10 code description

ST elevation (STEMI) and non-ST elevation (NSTEMI) myocardial infarction

Primary outcomes

1

Description

Anxiety

Timepoint

30 minutes before the intervention and four days after the intervention at 8:00 A.M.

Method of measurement

Spielberger State-Trait Anxiety Inventory (STAI)

Secondary outcomes

1

Description

Blood pressure

Timepoint

30 minutes before the intervention and every day from second to fourth days at 8 A.M.

Method of measurement

Digital heart monitoring device

2

Description

Electrocardiogram changes

Timepoint

30 minutes before the intervention and every day from second to fourth days at 8 A.M.

Method of measurement

Digital heart monitoring device

Intervention groups

1

Description

Intervention group: Take five drops of lemon essence on a cotton pad and put it in an open box at a distance of 20 centimeters of the patients. This essence is used at 8:30, 10:30, 12:30, 14:30, 16:30, 18:30 and 20:30 hours. Lemon essence would receive from Ahura-Daro Shiraz company with its certificate.

Category

Prevention

2

Description

Control group: Five drops of liquid paraffin are put on cotton at a distance of 20 cm from the patient's head, and this paraffin is used at 8:30, 10:30, 12:30, 14:30, 16:30, 18:30 and 20:30.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Faghihi and Namazi hospital and Alzahra Heart Center

Full name of responsible person

Masoume Rambod

Street address

Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City

Shiraz

Province

Fars

Postal code

7193613119

Phone

+98 71 3647 4258

Email

rambodma@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Basir Hashemi

Street address

Vice chancellor for research affairs of Shiraz University of Medical Sciences, Zand Street, Shiraz, Iran

City

Shiraz

Province

Fars

Postal code

71348-14336

Phone

+98 71 3647 4258

Email

vcrdep@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz 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
Shiraz University of Medical Sciences

Full name of responsible person
Masoume Rambod

Position
Assistant Professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
Nursing and Midwifery University, Namazee Sq, Zand Ave, Shiraz

City
Shiraz

Province
Fars

Postal code
7193613119

Phone
+98 71 3647 4258

Email
rambodma@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences

Full name of responsible person
Masoume Rambod

Position
Assistante Professor

Latest degree
Ph.D.

Other areas of specialty/work
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Phone
+98 71 3647 4258

Email
rambodma@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person
Masoume Rambod

Position
Assistante Professor

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Email
rambodma@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

Main outcomes

When the data will become available and for how long

2018-19

To whom data/document is available

University institutes

Under which criteria data/document could be used

The data can only be accessed by the journal that want to publish the article and no further use is permitted.

From where data/document is obtainable

In order to access to the data, contact to Email:
rambodma@yahoo.com

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

In order to access to the data, contact to Email:
rambodma@yahoo.com

Comments