

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Comparison of the effect of concomitant exercise and Aromatherapy on the Fatigue severity of Surgical Technologists.

Protocol summary

Study aim

Determine The Effect of concomitant Exercise and Aromatherapy On The Fatigue Severity Of the Surgical Technologists.

Design

The researcher will collect samples by referring to the departments in three shifts, and the surgical technologists of orthopedic, general surgery, neurosurgeon and cardiopulmonary surgery who are moderate or severe in the group of fatigue based on the MFI fatigue scale. A simple random case will be selected for intervention. For estimation of sample size Based on the previous study, the sample size in each group was estimated to be 33.

Settings and conduct

This is a single-blind study (participants) that will be conducted on Tabriz hospitals surgical Technologists who have moderate or severe fatigue.

Participants/Inclusion and exclusion criteria

Inclusion criteria: The informed consent of the participant, Having at least one year of work experience in the operating room, Not having history of accidents and life crisis in the last 6 months, Not having regular professional exercise program, No ban on exercise, Healthy olfactory sense of the participant and No respiratory disease, such as asthma, allergy and... .

Intervention groups

In the exercise group, a exercise program that includes concomitant exercises will be used. After explaining how to practice exercises in person, a brochure on how to do the exercises will be provided to surgical technologists until once in each shift and for 10 For at least 15 minutes. In the lavender group, the lavender necklace containing the lavender essence is studied in such a way that the container of cotton content is stained with 3 drops of lavender oil at the front and 20 cm in the chest, will be used for one hour per shift and at activity time . And in the control group, no intervention will be used.

Main outcome variables

Fatigue score before the intervention, and in the first, second, third, and fourth weeks after intervention

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180807040736N1**

Registration date: **2019-03-16, 1397/12/25**

Registration timing: **registered_while_recruiting**

Last update: **2019-03-16, 1397/12/25**

Update count: **0**

Registration date

2019-03-16, 1397/12/25

Registrant information

Name

Omid Zadi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 41 3243 2043

Email address

omid.zd.axule73@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-21, 1397/11/01

Expected recruitment end date

2019-07-22, 1398/04/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect of concomitant exercise and Aromatherapy on the Fatigue severity of Surgical Technologists.

Public title

Effect of concomitant exercise and aromatherapy on fatigue severity of surgical technologists

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

The informed consent of the participant. Having at least one year of work experience in the operating room. Not having history of accidents and life crisis in the last 6 months. Not having regular professional exercise program. No ban on exercise. Healthy olfactory sense of the participant No respiratory disease, such as asthma, allergy and...

Exclusion criteria:

Desire to leave the study Crisis or unexpected incident during an intervention such as leave and sick leave An unpleasant feeling of lavender essence

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Data analyser

Sample size

Target sample size: **99**

More than 1 sample in each individual

Number of samples in each individual: **5**

1: before intervention, 2:1 week after intervention, 3: 2 weeks after interventions, 4: 3week after intervention, 5: 4 weeks after intervention

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Single blinded

Blinding description

This study is a single blinded , so that surgical technologists are unaware of the existence of another group, and the statistics analyst will be unaware of the control and intervention groups.

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ethics Committee of Mazandaran University of Medical Sciences

Street address

Qezel dash Alley, Ostad Shahriar Ave, Akhoule town, Khosrowshah, Tabriz

City

Tabriz_Khosrowshah

Province

East Azarbaijan

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5356145514

Approval date

2019-01-02, 1397/10/12

Ethics committee reference number

IR.MAZUMS.REC.1397.363

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

Chronic Fatigue

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Fatigue

Timepoint

Before intervention, 1 week after intervention, 2 weeks after intervention, 3 weeks after intervention, 4 weeks after intervention.

Method of measurement

Multidimensional Fatigue inventory questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: concomitant exercise involves stretching and strength exercises that can be performed in standing and sitting positions and suitable for surgical technologists. First, how to do the exercises will be explained to the participant, and then they will be given a pamphlet describing how the exercises are performed. They can do it once per shift and for 10 to 15 minutes..

Category

Treatment - Other

2

Description

Intervention group: Aromatherapy with lavender 2%

Category

Treatment - Other

3

Description

Control group: without intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Tabriz Imam Reza Hospital

Full name of responsible person

Omid Zadi

Street address

Golgasht, Tabriz

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Recruitment center

Name of recruitment center

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Full name of responsible person

Omid zadi

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Mazandaran University of Medical Sciences

Full name of responsible person

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Email

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Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sari 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

Mazandaran University of Medical Sciences

Full name of responsible person

Omid Zadi

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Position

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Latest degree

Ph.D.

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Person responsible for updating data

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Latest degree

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Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

The information of the participants is confidential

Study Protocol

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

Statistical Analysis Plan

Not applicable

Informed Consent Form

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

Clinical Study Report

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable