

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Evaluation of the Effectiveness of Inhaled Aromatherapy on Girls of High school According Working Memory

Protocol summary

Study aim

The aim of this study was to investigate the effectiveness of Aromatherapy on the active memory of high school girl students.

Design

A randomized, blind, sham controlled clinical trial with a parallel group design of 32 High school students who participated in the research between January 2016 and February 2016 for a month

Settings and conduct

Girls' high school in Doroud

Participants/Inclusion and exclusion criteria

The necessity of being Girl(16-17) who has Educated in 2016-2017 at High school and Also have Resided in Doroud.

Intervention groups

Control group Included 16 people who had used Placebo(Sweet Almond Oil)

Main outcome variables

The results showed that aromatherapy significantly increased the Working memory of high school girl students

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180924041123N1**

Registration date: **2018-11-16, 1397/08/25**

Registration timing: **retrospective**

Last update: **2018-11-16, 1397/08/25**

Update count: **0**

Registration date

2018-11-16, 1397/08/25

Registrant information

Name

mehrafarin abolhasani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 66 4324 5362

Email address

sabolhasani61@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2016-01-18, 1394/10/28

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

2016-01-18, 1394/10/28

Actual recruitment end date

2016-01-21, 1394/11/01

Trial completion date

2016-02-22, 1394/12/03

Scientific title

Evaluation of the Effectiveness of Inhaled Aromatherapy on Girls of High school According Working Memory

Public title

Effect of Rosemary, Lavender, Rose on Active Memory

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

All of Doroud High school in 94_95 Education year. Being at Least 16 Year Old and 17 Year Old in Maximum . Girl Doesn't Have Any Allergy To Medicinal Plants Which Use During Experiencing period.

Exclusion criteria:

Ageing conditions. Gender of Participants Who Be Boy . Allergy to medicinal Plants

Age

From **16 years** old to **17 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

Actual sample size reached: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Simply Random and Also Participants Have Concluded In to Two Groups Randomly ;Interfiring and Control Groups.

Blinding (investigator's opinion)

Single blinded

Blinding description

In the First Step Had Done the Working Memory Test About Traditional Medicine and Psychological Tests Then Had Asleed Them To Reply The question.

Placebo

Used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Borujerd

Street address

Islamic Azad University Square

City

Borujerd

Province

Lorestan

Postal code

6881745768

Approval date

2015-12-06, 1394/09/15

Ethics committee reference number

IR.IAU.B.REC

Health conditions studied

1

Description of health condition studied

The study of Aromatherapy on girls at High school according to Working Memory

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Working Memory

Timepoint

The effect of Aromatherapy on Working Memory in 30 days at 8 in The morning Through 20 minutes beside Two day for doing Working Memory Test.

Method of measurement

Inhaled Aromatherapy

Secondary outcomes

1

Description

Aromatherapy

Timepoint

the Effect of Aromatherapy on Working Memory in 30 Days at 8 in the Morning Through 20 Minutes Beside two days for Doing Working Memory Test.

Method of measurement

In order to Data Collection it used" Daniman" and" Carpenter" Tests , After that to Analysis the data Used Mancova Covalent Analysis.

Intervention groups

1

Description

Intervention group: 16 Students have inserted in Intervention group simple Randomly After The Working Memory Test by Daniman and Carpenter during 30 days at 8 in the Morning had Taken Another Test after 30 days The students have Breathed Three selected Smells(Rosemary,Roses,Spike Lavander) through Tissue every day by 20 minutes.

Category

Treatment - Drugs

2

Description

Control group:16 of Control Group have inserted in control group have inserted in Control group simple Randomly after The Working Memory Test by Daniman and Carpenter during 30 days at 8 in the Morning had Taken Another Test after 30 days .Through perfumed Tissue as plasibo.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Girls' High School Hadis

Full name of responsible person

Mehrafarin Abolhasani

Street address

Alghadir Stret

City

Dorud

Province

Lorestan

Postal code

6881745768

Phone

+98 66 4324 5362

Email

sabolhasani61@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr.Korosh Godarzi

Street address

Alghadir Ave

City

Dorud

Province

Lorestan

Postal code

6881745768

Phone

+98 66 4324 5362

Email

sabolhasani61@gmail.com

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

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mehrafarin Abolhasani

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Alghadir

City

Dorud

Province

Lorestan

Postal code

6881745768

Phone

+98 66 4324 5362

Email

sabolhasani61@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mehrafarin Abolhasani

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Alghadir Street

City

Doroud

Province

Lorestan

Postal code

6881745768

Phone

+98 66 4324 5362

Email

sabolhasani61@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Mehrafarin Abolhasani

Position

Clinical Psychologist

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

Alghadir Street

City

Dorud

Province

Lorestan

Postal code

6861745768

Phone

+66 44 324 5362

Email

sabolhasani61@gmail.com

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

No - There is not 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

Yes - There is a plan to make this available

Title and more details about the data/document

Printable is part of the research results

When the data will become available and for how long

After printing in journals 6 months later

To whom data/document is available

Researchers working in universities

Under which criteria data/document could be used

Printed in Prestigious Magazines

From where data/document is obtainable

Sabolhasani61@gmail.com

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

Email and Reply in Three Months

Comments