

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

02 Jul 2026

### Effect of Aromatherapy on Anxiety in High school Girl Students

#### Protocol summary

##### Study aim

Investigating the Effect of Aromatherapy on Herbal Remedies

##### Design

A clinical Trial with a Randomized, Randomized, Randomized, Randomized, Control Group

##### Settings and conduct

32 Female High school Students who Were Interviewed and Controlled in Two Groups of 16 and Under a Clinical Trial using Three Herbal Remedies for 30 Working Days at a Specific Time with Placebo in the Control Group were Blinded. Students were Given only Detailed Information on the Herbal Remedy and its Function in the Body

##### Participants/Inclusion and exclusion criteria

The High school Entry Conditions of 16 to 17 Years of Age Were 94-95. Conditions for not Getting all Boys

##### Intervention groups

A Combination of Three Notes of Rose, Lavender, Rosemary with Specific Dosage on 16 High school Girl Students Study of the Effect of Placebo (Sweet Almond Oil) in the Control Group for 30 Working Days

##### Main outcome variables

Combines Three Notes of Rose, Lavender and Rosemary

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180924041123N2**

Registration date: **2018-12-29, 1397/10/08**

Registration timing: **retrospective**

Last update: **2018-12-29, 1397/10/08**

Update count: **0**

##### Registration date

2018-12-29, 1397/10/08

##### 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

Effect of Aromatherapy on Anxiety in High school Girl Students

##### Public title

Investigating the Effect of Aromatherapy on Herbal Remedies

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

##### Inclusion criteria:

Being at Least 16 Year Old and 17 Year Old in Maximum Girl Doshn,t Have Any Allergy to Medicinal Plants Which Use During Experiencing Period

##### Exclusion criteria:

Ageing Conditions Gender of Prticipants Who Be Boy Allergy to Medicinal Plants

##### Age

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

**Gender**

Female

**Phase**

3

**Groups that have been masked**

- Participant

**Sample size**Target sample size: **36**Actual sample size reached: **32****Randomization (investigator's opinion)**

Randomized

**Randomization description**

Simple Random, and Also Participants Have Concluded in to Two Groups Randomly; Interfering and Control Group

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

At the First Session, A brief Explanation was Given to Students about Traditional Medicine and the Implementation of Psychological Tests, and Students were Asked to Give the Best Answer they Thought is Correct and to Inhale and Recapture over 30 Days Handkerchiefs Containing Aromatic Substances. They were Tested Note the attention that students did not know about the topic of research and only knew that the topic of research was related to psychology and aromatherapy.

**Placebo**

Used

**Assignment**

Factorial

**Other design features**

The Statistical Group Was The High School Girls (16\_17) Who Had Educated in Dorud in 1394\_95 Education Years. The Sample of Study Was 32 Student Who Mentioned Included in to Two Experimental and Control Group Randomly (16 Students in each Group).

**Secondary Ids**

empty

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

Islamic Azad University Borujerd

**Street address**

Islamic Azad University Squar

**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**

Anxiety

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

The Study of Aromatherapy on Girls at High School According to Anxiety to Anxiety Test

**Timepoint**

The Effect of Aromatherapy on Anxiety in 30 Days at 8 in the Morning Through 20 Minutes Beside Two days for Doing Anxiety Test.

**Method of measurement**

In Order to Data Collection in Used Beck(1990) Anxiety After That to Analysis The data Used Mancova covalent Analysis.

**Secondary outcomes****1****Description**

Aromatherapy

**Timepoint**

The Effect of Aromatherapy on Anxiety in 30 Days at 8 in The Morning Through 20 Minutes Beside Two Days for Doing Anxiety Test.

**Method of measurement**

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 Anxiety Test by Beck During 30 days at 8 in The Morning Had Taken Another Test After 30 Days The Students Have Breathe Three Selected Smells (Rosemary, Roses, Spike Lavender) Through lissue Every Day by 20 Minutes.

**Category**

Treatment - Drugs

**2****Description**

Control group: 16 of Control Group Have Inserted in Cntorol Group Simple Randomly After The Anxiety Test During 30 Days 8 In The Morning Had Taken Another

Test After 30 days Through Perfumed Tissus 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**

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**Province**

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**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**

Mehrafarin Abolhasani

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No 45768, Bahar 14, Alghader Ave

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**Grant name**

**Grant code / Reference number**

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

No

**Title of funding source**

Azad Eslamic 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**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Mehrafarin Abolhasani

**Position**

Clinical Psycologist

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Contact**

**Name of organization / entity**

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**Latest degree**

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**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**

Yes - There is a plan to make this available

**Clinical Study Report**

No - There is not 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

**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**

Mehrafarin Abolhasani

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

After 3 Month Receive Email

**Comments**