Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 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 inTwo 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 17Years 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)
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+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 Dosn,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 Tow Groups Randomly; Interfiering and Control Group

Blinding (investigator's opinion)
Single blinded

Blinding description
At the First Session, Abrief 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 TestedNote 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 Educafed in Dorud in 1394_95 Eduction 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 Unversity 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 Anxity to Anxity Test

Timepoint
The Effect of Aromatherapy on Anxity in 30 Days at 8 in the Morning Through 20 Minutes Beside Tow days for Doning Anxity Test.

Method of measurement
In Order to Data Collection in Used Beck(1990) Anxity After That to Analysis The data Used Mancova covalent Analysis.

Secondary outcomes

1

Description
Aromatherapy

Timepoint
The Effect of Aromatherapy on Anxity in 30 Days at 8 in The Morning Throught 20 Minutes Beside Two Days for Doing Anxity 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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

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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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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Mehrafarin Abolhasani

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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 inuniversitiys
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 Emil
Comments