

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Investigating the effect of citrus aurantium on job Burnout ,neurological functions and happiness in pre hospital emergency personal

Protocol summary

Study aim

Investigating the effect of citrus aurantium on job Burnout ,neurological functions and happiness in pre hospital emergency personal

Design

Participants in the five morning shifts (8-20) will be randomized during the two weeks under the citrus aurantium or water treatment. Occupational burnout and happiness measure before and after the intervention on the first day and after the last intervention and one week after the last intervention. However, neurological functions are measured every intervention day (5 shifts) before and after the intervention.

Settings and conduct

The site of this study is Sabzevar Urban and Road Emergency stations

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having nursing, anesthesiology, operating room technician, rescue and emergency medicine Activities in pre-hospital emergency (operational) Inclination in research Healthy sense of smell Have at least one year of work experience Not having a history of asthma and allergies Do not use sedative medications during the last month No disaster occurred within a month before intervention No use of perfume at the time of study Lack of colds B. Exclusion criteria: Unwillingness to continue participating in research Feeling sick or sensitive to the smell of essential oil Catching cold

Intervention groups

In the test group, the aroma of essential oil is 10% and using a pendant neck with a distance of about 20 cm from the nose and containing 1.5 cc of essential oil. In the control group, using a pendant neck with a distance of about 20 cm from the nose and containing 1.5 cc of water is done

Main outcome variables

Burnout Happiness Cognitive Neuroscience Functions

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110430006342N9**

Registration date: **2019-02-10, 1397/11/21**

Registration timing: **registered_while_recruiting**

Last update: **2019-02-10, 1397/11/21**

Update count: **0**

Registration date

2019-02-10, 1397/11/21

Registrant information

Name

Ali Asghar Ghods

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 1335 4192

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-02-04, 1397/11/15

Expected recruitment end date

2019-07-06, 1398/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of citrus aurantium on job Burnout ,neurological functions and happiness in pre hospital emergency personal

Public title

The effect of citrus aurantium on job Burnout ,neurological functions and happiness

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Inclusion criteria:Having nursing, anesthesiology, operating room technician, rescue and emergency medicine Activities in pre-hospital emergency Inclination in research Healthy sense of smell Have at least one year of work experience Not having a history of asthma and allergies Do not use sedative medications during the last month No disaster occurred within a month before intervention No use of perfume at the time of study Lack of colds

Exclusion criteria:

Unwillingness to continue participating in research Feeling sick or sensitive to the smell of essential oil Catching cold

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Using six blocks (randomly selected from six possible blocks), individuals are randomly divided into two groups.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Semnan University of Medical Sciences

Street address

Deputy of research and technology, Central Headquarters of Semnan University of Medical Sciences, Basij Boulevard

City

Semnan

Province

Semnan

Postal code

3519899951

Approval date

2019-01-15, 1397/10/25

Ethics committee reference number

IR.SEMUMS.REC.1397.262

Health conditions studied

1

Description of health condition studied

Occupational Burn-out

ICD-10 code

Z73.0

ICD-10 code description

Burn-out

Primary outcomes

1

Description

Burnout score in Maslach questionnaire

Timepoint

Before and after interventions on the first day and after the last intervention and one week after the last intervention

Method of measurement

Maslach Burnout Questionnaire

2

Description

Happiness score in the Oxford questionnaire

Timepoint

Before and after interventions on the first day and after the last intervention and one week after the last intervention

Method of measurement

Oxford questionnaire

3

Description

Cognitive Neuroscience Functions

Timepoint

All intervention days (5 shifts) before and after intervention

Method of measurement

Stroop test

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Aromatherapy will be done by 10% essential oil and using a pendant neck, containing 1.5 cc of essential oil, prepared from the Essential Oil Barium, during the shifts (12 hours). The distance to the nose is about 20 cm

Category

Treatment - Other

2

Description

Control group: Using a pendant neck, a container containing 1.5 cc of water, is carried out during the shift (12 hours). Its distance to the nose is about 20 cm apart

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Pre-hospital emergency

Full name of responsible person

Seid Hamid Zia

Street address

Medical Center of Accidents and Emergencies ,7Tir Square,, Sabzevar

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Parviz Kokhaei

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Semnan 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

Semnan University of Medical Sciences

Full name of responsible person

Ali Asghar Ghods

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

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Person responsible for updating data**Contact****Name of organization / entity**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

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

Study Protocol

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

Not applicable

Data Dictionary

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