Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of aromatherapy on anxiety of candidates for coronary angiography in Shahid Mohammadi Bandar Abbas Hospital in 2018

Protocol summary

Study aim

Determine the effect of aromatherapy on the anxiety of candidates for coronary angiography

Design

Double-blind clinical trial - A total of 80 patients - two intervention and control groups

Settings and conduct

This study is a double blind clinical trial (patients, carers, and analyst) that will be performed on patients undergoing coronary artery angiography which will be hospitalized in the post cath. of Shahid Mohammadi Hospital in Bandar Abbas. Units are randomly divided into two groups intervention and control. The control group will inhale the pads stained with 0.2 ml of the placebo and the intervention group of the mint essence impregnated pads as much as they will attach to the front of the sybase for 20 minutes. The level of anxiety and vital signs of the patient will be recorded before and after the intervention. A demographic questionnaire, a Spielberger standard questionnaire, and a vital signs registration form will be used to collect information.

Participants/Inclusion and exclusion criteria

Entry requirements: For the first time, only undergo angiography. Not heart valve disease, full allert, lack of vision and hearing And olfactory, liver, kidney, respiratory, allergy and psychologic disease , no addiction, age range of 18-60 years, no use of sedative drugs 4 hours before intervention.Conditions of exclusion: Not participating in the study, changes in vital signs and cardiac dysrhythmia .Not having the criteria for entering the study.

Intervention groups

The control group in room 1; having a non-absorbent eye pad and 0.2 ml normal saline attached to the chest is studied for 20 minutes; the same procedure will go on for intervention group in room 2, actually peppermint oil of Barij essence company will be used instead at 0.2 ml for eye pads.

Main outcome variables

Anxiety

General information

Reason for update

Acronym

رایحه درمانی

IRCT registration information

IRCT registration number: **IRCT20190225042844N1**
Registration date: **2019-03-09, 1397/12/18**
Registration timing: **registered_while_recruiting**

Last update: **2019-03-09, 1397/12/18**
Update count: **0**

Registration date

2019-03-09, 1397/12/18

Registrant information

Name

Roghaye Koohestani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3366 7904

Email address

roghayekoohestani2028@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-01, 1397/12/10

Expected recruitment end date

2019-04-30, 1398/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The effect of aromatherapy on anxiety of candidates for coronary angiography in Shahid Mohammadi Bandar Abbas Hospital in 2018

Public title
The study effect of aromatherapy on anxiety

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
For the first time undergo coronary artery angiography. Only undergo coronary artery angiography. Before undergoing angiography, they are not subjected to other invasive methods such as echocardiography Not having heart valve disease. All units have full vigilance and are not in severe conditions. There is no visual and hearing loss and no smell. Not having respiratory and allergic problems. Not having drug additction. There is no liver and kidney problems. The age range is between 18 - 60 years old. Do not take sedative medicines 4 hours before the intervention. Not having a history of mental illness.

Exclusion criteria:
Unwilling to participate in the study. Allergic to peppermint oil With the risk of dysrhythmia.

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant
- Care provider
- Data analyser

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
The units are divided randomly into two intervention and control groups using the random allocation software. In this table, numbers from 1 to 80 are classified where each number belongs to a group (intervention or control) that is randomly assigned to that group. The first case will be assigned to one number and its associated group, and the rest of the samples will be included in the study accordingly.

Blinding (investigator's opinion)
Double blinded

Blinding description
Patients and carers do not know which patient will fall into any of the groups (aromatherapy or controls). Because the data is encoded, the data analyzer is also blind.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Bandar Abbas University of Medical Sciences

Street address
Research and Technology Dept., Shahid Mohammadi Hospital, Shahid Chamran Blvd.

City
Bandar Abbas

Province
Hormozgan

Postal code
7916613885

Approval date
2019-02-25, 1397/12/06

Ethics committee reference number
IR.HUMS.REC.1397.300

Health conditions studied

1

Description of health condition studied
Anxiety in patients undergoing angiography

ICD-10 code
F41.9

ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Anxiety

Timepoint
An hour before angiography and after intervention

Method of measurement
Spielberger questionnaire

Secondary outcomes

1

Description
Systolic Blood Pressure

Timepoint
An hour before angiography and after intervention

Method of measurement
Dial Sphygmomanometer

2

Description
Dyastolic Blood Pressure
Timepoint
An hour before angiography and after intervention
Method of measurement
Dial Sphygmomanometer

3

Description
pulse
Timepoint
An hour before angiography and after intervention
Method of measurement
Chronometer

4

Description
Respiratory
Timepoint
An hour before angiography and after intervention
Method of measurement
Chronometer-Inspection the movements of the chest

Intervention groups

1

Description
Intervention group: An hour prior to angiography, the patient's vital signs will be monitored and the demographic and Spielberger questionnaires will be completed, then the pads stained with 0.2 ml of peppermint essential oil will be attached to the front of the chest at the concentration of 100% of the baricha essence of Kashan. It will be inhaled for 20 minutes. Then, the vital signs are checked and the Spielberger question will be completed.
Category
Treatment - Drugs

2

Description
Control group: An hour prior to angiography, the patient's vital signs will be monitored and the demographic and Spilberger questionnaires will be completed, then pads stained with 0.2 ml of normal saline will be attached to the front of the chest and will be inhaled for 20 minutes. The Spielberger control and question will be completed.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Mohammadi Hospital
Full name of responsible person
Roghaye Koohestani
Street address
Shahid Mohammadi Hospital, Shahid Chamran Blvd.
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Email
roghayekoohestani2028@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Bandare-abbas University of Medical Sciences
Full name of responsible person
Timur Aga Molaei
Street address
Research and Technology Dept., Shahid Mohammadi Hospital, Islamic Republic of Iran Blvd.
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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
Bandare-abbas 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
Bandare-abbas University of Medical Sciences
Full name of responsible person
Roghaye Koohestani
Position
Masters student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
School of Nursing and Midwifery, Southern Resalat Ave.
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Person responsible for updating data

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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
Not applicable
Analytic Code
Not applicable
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available