

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Determination of the effect of Rosa damascene extract on anxiety of Emergency Medical Technicians

Protocol summary

Study aim

Investigating the Effect of Rose damascene extract on Anxiety

Design

This study is a Randomized clinical trial. The researcher, after approving and obtaining permission from the vice chancellor, the manager of the emergency center of 115 and the emergency bases authorities, began to investigate in and out of the city. He introduced the study to staff and explaining the study aim; then, obtaining written informed consent from the personnel by the project executor; the samples selected randomly based on the inclusion criteria. The allocation of treatment among them was done randomly by block randomization (Quad-blocks); so, 30 people were in the intervention group with rose extract and 30 people in the control group (placebo).

Settings and conduct

After selecting samples, the intervention group drink the Rose Syrup, twice daily for 6 weeks with 15 cc of Rose Syrup in half a glass of water. In the control group, the placebo will be used. In this study, Rose Syrup is composed of rose extract and sweet solution made from sugar; the placebo is also a sweet solution that does not have an extract of rose, which will be used in the control group. Due to the absence of a placebo similar to the extract of rose, there is no possibility of blinding in the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1.All emergency medical technicians working in pre-hospital departments. Exclusion criteria: 1.Technicians who were not participate at all. 2. Those who have problems with indigestion or sensitivity to rose extract. 3. Those who use sedatives and similar medications for sedation

Intervention groups

The intervention and control groups selected from the emergency services technicians of 115; according to the inclusion criteria.

Main outcome variables

anxiety

General information

Reason for update

Acronym

عصاره گل سخ

IRCT registration information

IRCT registration number: **IRCT20150210021036N2**

Registration date: **2019-08-16, 1398/05/25**

Registration timing: **registered_while_recruiting**

Last update: **2019-08-16, 1398/05/25**

Update count: **0**

Registration date

2019-08-16, 1398/05/25

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 37833821

Email address

rfarhadlu@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-23, 1398/05/01

Expected recruitment end date

2019-09-21, 1398/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Determination of the effect of Rosa damascene extract on anxiety of Emergency Medical Technicians

Public title

Determination of the effect of Rosa damascene extract on anxiety of Emergency Medical Technicians

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

All medical emergency technicians operating in pre-hospital emergency departments

Exclusion criteria:

Technicians who are not willing to participate in the research. Technicians who have a problem with indigestion or anxiousness to the rose extract. Technicians who use sedation suppressants and similar devices

Age

From **20 years** old to **60 years** old

Gender

Male

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

60 people are randomly selected from among qualified entry and exit criteria. Then, randomly, the names of the staff and the number of couples in the intervention group and the individual numbers in the control group are selected for each group.

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 Qom University of Medical Sciences

Street address

No83-Safashahr Street4-Qom

City

Qom

Province

Ghoum

Postal code

37169-93456

Approval date

2019-06-11, 1398/03/21

Ethics committee reference number

lr.muq.rec.1398.035

Health conditions studied**1****Description of health condition studied**

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes**1****Description**

anxiety

Timepoint

Before the intervention and 6 weeks after the intervention begins

Method of measurement

Standard questionnaire eshpeal berger

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: For individuals in the intervention group; 30 people with Rosa damascene syrup twice a day for 6 weeks each time with 10 cc of Rosa damascene syrup prepared per day in traditional medicine in half a glass of water.

Category

Treatment - Drugs

2**Description**

Control group: For individuals in the control group; 30 people without Rosa damascene syrup twice a day for 6 weeks each time with 10 cc prepared per day in traditional medicine in half a glass of water. Control group: In the control group instead of Rosa damascene, a placebo that is a syrup without Rosa damascene is used.

Category

Recruitment centers

1

Recruitment center

Name of recruitment center

Emergency115

Full name of responsible person

Farhadloo Roohollah

Street address

Num18-Honarestan38

City

Qom

Province

Ghoum

Postal code

37158-37593

Phone

+98 25 3783 3821

Email

Rfarhadlu@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ghoum University of Medical Sciences

Full name of responsible person

Hossein Saghafi

Street address

Number83-Safashahr4-Qom

City

Qom

Province

Ghoum

Postal code

37196-93456

Phone

+98 25 3285 2720

Email

Dr.Hosseinsaghafi@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ghoum 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

Person responsible for general inquiries

Contact

Name of organization / entity

Ghoum University of Medical Sciences

Full name of responsible person

Roohollah Farhadloo

Position

Employee

Latest degree

Master

Other areas of specialty/work

Health Promotion

Street address

Number18-Honarestan38-Qom

City

Qom

Province

Ghoum

Postal code

37158-37593

Phone

+98 25 3783 3821

Email

Rfarhadlu@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Ghoum University of Medical Sciences

Full name of responsible person

Roohollah Farhadloo

Position

Employee

Latest degree

Master

Other areas of specialty/work

Health Promotion

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Email

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Person responsible for updating data

Contact

Name of organization / entity

Ghoum University of Medical Sciences

Full name of responsible person

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Position

Employee

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

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

The project data will include demographic variables such as age, age, marital status, and anxiety disorder.

When the data will become available and for how long

Two months after the results

To whom data/document is available

Researchers at universities and colleges and universities

Under which criteria data/document could be used

Doing any kind of analysis on the data is also available.

To access data, send a written request and the subject of the data application field.

From where data/document is obtainable

1-rfarhadlu@gmail.com 2-mobile 09127575116(roohollah farhadloo)

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

Two weeks after the submission of the written request, the data can be provided through the published postal address.

Comments