Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Nov 2026

Effectiveness of lavender essence on patient s anxiety due to tooth extraction ,randomized controlled trial

Protocol summary

Study aim
assessment effectiveness of lavender essence on anxiety due to tooth extraction
Design
In this control randomized clinical trial single blinded with parallel group 60 patients come to Kermanshah dental college who have inclusion criteria assign to the groups.
Settings and conduct
60 patients who come to Kermanshah dental college for tooth extraction allocate 2 groups with randomized number chart. give to patients anxiety questionnaire test to complete then if allocate even number to patient give lavender to smell and patients with odd number give almond oil to smell .patients smell odors on gauze for 20 minutes and then complete that questionnaire again.
Participants/Inclusion and exclusion criteria
inclusion criteria:1-patients between 18-65 years 2-who candidate for extraction anterior or posterior tooth extrusion criteria:1- impact tooth 8 surgery 2-pregnancy 3- routine smoking (minimum 1 Cigarette per day) 4-use special drugs such as sedatives (past 24 hours)5-any history of cardiac disease 6-uncontrolled hypertension(over 180 mm hg) 7-Sinusitis and Rhinitis and any thing effect on olfactory system
Intervention groups
1- control :almond oil 2- intervention: Lavender essence
Main outcome variables
Amount of anxiety

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20190920044824N1**
Registration date: **2019-12-19, 1398/09/28**
Registration timing: **retrospective**
Last update: **2019-12-19, 1398/09/28**
Update count: **0**
Registration date
2019-12-19, 1398/09/28

Registrant information
Name
Fatemeh Rezaei
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 83 3729 2072
Email address
fatemeh.rezaei@kums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-09-13, 1398/06/22
Expected recruitment end date
2019-11-20, 1398/08/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effectiveness of lavender essence on patient s anxiety due to tooth extraction ,randomized controlled trial

Public title
Determine effect of lavender's essence on patients anxiety due to tooth extraction
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:

patient between 18-65 years patient who candidate for extraction one anterior or posterior tooth

Exclusion criteria:

impact 8tooth surgery pregnancy routine smoking (minimum one cigarette per day) use sedative drugs during past 24 hours any exist history of particular systemic disease like uncontrolled hyper tension (over 180 mm hg) ,history of any cardiac disease ,sinusitis ,rhinitis ,any thing effects on olfactory system

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

3

Groups that have been masked

- Care provider
- Investigator
- Outcome assessor
- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Use Excel soft ware for produce three digit random numbers. based on the last digit on the right patient's assign to the groups.if the last digit on the right be 1-4 give blue tube to the patient and if the last digit on the right be 5-8 give red tube to the patient and will be ignored if be 0 or 9 and produce another new number for the patient.

Blinding (investigator's opinion)

Single blinded

Blinding description

Groups assignment phydisian and outcome assessment physician who evaluate anxiety after intervention dont aware of groups allocation .just pharmacologist be aware of tube's content and patients cant be blind beacause of lavender 's odour.

Placebo

Used

Assignment

Parallel

Other design features

placebo is almond oil.each group smell the odour 20 minutes.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic committee of kermanshah university of medical sciences

Street address

Ethics committee,department of research and technology central building ,shahid beheshti blvd

City

kermanshah

Province

Kermanshah

Postal code

6715847141

Approval date

2019-10-13, 1398/07/21

Ethics committee reference number

IR.KUMS.REC.1398.693

Health conditions studied

1

Description of health condition studied

patient s anxiety due to tooth extraction

ICD-10 code

F41.9

ICD-10 code description

Anxiety

Primary outcomes

1

Description

patient anxiety due to tooth extraction

Timepoint

before and after smell odors

Method of measurement

Beck anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: in this group 2 drop pure lavender essence which made by pharmacologist on gauze give to patients and they smell for 20 minutes and then complete Beck anxiety questionnaire again .

Category

Treatment - Other

2

Description

Control group: in this group 2 drop almond oil on gauze (with no color and smell)give to patients and they smell for 20 minutes and then complete Beck anxiety questionnaire .

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Kermanshah Dental University

Full name of responsible person
Fatemeh Rezaei

Street address
shariati st.

City
kermanshah

Province
Kermanshah

Postal code
67139546581

Phone
+98 83 3727 7030

Email
fatemeh.rezaei@kums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
Farid Najafi

Street address
Vice chancellor for research and technology ,kermanshah university of medical sciences,shahid beheshti Blvd

City
Kermanshah

Province
Kermanshah

Postal code
6715847141

Phone
+98 83 3729 6591

Email
Faridnajafi@kums .ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Kermanshah 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
Kermanshah University of Medical Sciences

Full name of responsible person
Baharsadat Ghasemiyan

Position
Under graduated student of Dentistry

Latest degree
Medical doctor

Other areas of specialty/work
Dentistry

Street address
The school of Dentistry, shariati st.

City
Kermanshah

Province
Kermanshah

Postal code
67139546581

Phone
+98 83 3727 7030

Email
WWW.bahar2017ghasemiyan@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person
Fatemeh Rezaei

Position
Assistant Professor of Oral Disease Department

Latest degree
Specialist

Other areas of specialty/work
Dentistry

Street address
Department of Oral Disease ,The School of Dentistry ,kermanshah university of medical siences,shariati st.

City
Kermanshah

Province
Kermanshah

Postal code
67139546581

Phone
+98 83 3729 6910

Email
fatemeh.rezaei@kums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Kermanshah University of Medical Sciences

Full name of responsible person

Bahar Sadat Ghasemiyan

Position
Under Graduated student of Dentistry

Latest degree
Medical doctor

Other areas of specialty/work
Dentistry

Street address
The School of Dentistry ,Kermanshah University of Medical sciences,Shariati st.

City
Kermanshah

Province
Kermanshah

Postal code
67139546581

Phone
+98 83 3727 7030

Email
www.bahar2017ghasemiyan@gmail.com

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

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