

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

29 Jun 2026

### Effect of Aromatherapy on test anxiety in objective structured clinical examinations, among nursing student.

#### Protocol summary

##### Study aim

Determining the effect of aromatherapy on test anxiety of Nursing student

##### Design

Clinical trail with parallel control group , double-blind, randomized

##### Settings and conduct

The study was conducted in Karaj and in the Islamic Azad University of Nursing

##### Participants/Inclusion and exclusion criteria

absence of olfactory disturbances, asthma, allergies, rhinitis, upper respiratory tract infections, pregnancy, neurological or psychological problems.

##### Intervention groups

Before the OSCE , students in the experimental and control groups were quarantined in two classes. Demographic information form and the Sarason test anxiety questionnaire were filled out by both groups. The inhalation aromatherapy was performed for the students of the experimental group. a mixture of lavender, rosemary and peppermint oil was used for experimental group. It should be noted that for the intervention group, the person who did not participate in the intervention was given three drops of rosemary oil, three drops of rosemary and three drops of mint on the disposable non-absorbent tissue in such a way that it was not recognizable to the presenter and also to the people being studied. Each student was given a napkin to inhale. No intervention was performed on the control group students.

##### Main outcome variables

test anxiety after aromatherapy

#### General information

##### Reason for update

##### Acronym

OSCE

##### IRCT registration information

IRCT registration number: **IRCT20200620047843N1**

Registration date: **2020-08-26, 1399/06/05**

Registration timing: **retrospective**

Last update: **2020-08-26, 1399/06/05**

Update count: **0**

##### Registration date

2020-08-26, 1399/06/05

##### Registrant information

###### Name

maryam khosravi

###### Name of organization / entity

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 4444 1048

###### Email address

m.khosravi@kiau.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-01-27, 1398/11/07

##### Expected recruitment end date

2020-01-27, 1398/11/07

##### Actual recruitment start date

2020-01-27, 1398/11/07

##### Actual recruitment end date

2020-01-27, 1398/11/07

##### Trial completion date

2020-01-27, 1398/11/07

##### Scientific title

Effect of Aromatherapy on test anxiety in objective structured clinical examinations, among nursing student.

##### Public title

Effect of Aromatherapy on test anxiety

## Purpose

Supportive

## Inclusion/Exclusion criteria

### Inclusion criteria:

Nursing students of the 8th semester of the Islamic Azad University, Karaj Branch Age limit 20-35 years

### Exclusion criteria:

Suffering from asthma Suffering from allergies Suffering from rhinitis Suffering from upper respiratory tract infections psychological problems pregnancy

## Age

From **20 years** old to **35 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Investigator

## Sample size

Target sample size: **60**

Actual sample size reached: **60**

## Randomization (investigator's opinion)

Randomized

## Randomization description

The sampling method in this study was simple with random allocation Based on the list of nursing students and using a table of random numbers, the first number selected from the list of students' class was placed in the experimental group and thus the second number was placed in the control group. The samples were divided into two groups until the number of samples was completed.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Prior to the OSCE exam, students in the experimental and control groups were quarantined in two separate classes. Considering the size of the class, three drops of lavender, rosemary and peppermint oil were poured on a non-absorbent cloth by a person who did not participate in the intervention and placed on each student's chair. It was placed at a distance of 15-20 cm from the student's nose. After placing the fabrics, we waited 15 minutes for the scent to spread evenly in the space, after which the students were led into the classroom. In such a way that the type of inhaled material on the fabric could not be identified and no intervention was done for the control group.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

## 1

### Ethics committee

#### Name of ethics committee

Ethics committee of Islamic Azad University science and research branchcenter

#### Street address

Alborz Province, Karaj, Rajai Shahr. Moazzen Boulevard

#### City

Tehran

#### Province

Tehran

#### Postal code

1473856314

### Approval date

2020-03-01, 1398/12/11

### Ethics committee reference number

IR.IAU.SRB.REC.1398.174

## Health conditions studied

## 1

### Description of health condition studied

test anxiety

### ICD-10 code

### ICD-10 code description

## Primary outcomes

## 1

### Description

score of test anxiety in sarason questioner

### Timepoint

At the beginning of the study (before the intervention) and 15 minutes after the intervention

### Method of measurement

Sarason's test anxiety questionnaire

## Secondary outcomes

empty

## Intervention groups

## 1

### Description

Intervention group: In this study, the demographic information form and the Saranson exam anxiety questionnaire were first filled by students. The aromatherapy was then performed for 15 minutes. The inhalation aromatherapy was performed for the students of the experimental group. In order to perform aromatherapy in this study, a mixture of lavender, rosemary and mint oil was used. Considering the class size, three drops of lavender, rosemary and mint oil were poured on a non-absorbent cloth and placed on each student's chair. It was possible to be 15-20 cm away from the student's nose. After placing the fabrics, we

waited 15 minutes for the scent to spread evenly throughout the space, after which the students were led into the classroom. Fifteen minutes after the aromatherapy, Saranson's anxiety test questionnaire was refilled by the students.

**Category**

Treatment - Other

**2****Description**

Control group: No intervention was performed for control group students

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Islamic Azad University, Karaj Branch, Faculty Of Medical Sciences

**Full name of responsible person**

Maryam Khosravi

**Street address**

Alborz Province, Karaj, Rajai Shahr, Moazzen Boulevard

**City**

Karaj

**Province**

Alborz

**Postal code**

3149968111

**Phone**

+98 26 3441 8163

**Email**

Info@kiau.ac.ir

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Islamic Azad University

**Full name of responsible person**

Hamed Sabet

**Street address**

Alborz Province, Karaj, Rajai Shahr, Moazzen Boulevard

**City**

Karaj

**Province**

Alborz

**Postal code**

1473856314

**Phone**

+98 21 4444 1048

**Email**

Maryamkhosravi669@gmail.com

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Islamic Azad University

**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**

Islamic Azad University

**Full name of responsible person**

Maryam Khosravi

**Position**

Instructor

**Latest degree**

Master

**Other areas of specialty/work**

Pediatrics

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+98 21 4444 1048

**Email**

Maryamkhosravi669@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

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**Full name of responsible person**

Maryam Khosravi

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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

After the publication of the article, confidential information such as the details of the participants will be deleted and other information will be provided to the researchers.

### When the data will become available and for how long

after publishing the article

### To whom data/document is available

Medical and nursing specialists

### Under which criteria data/document could be used

Medical and nursing specialists can access data for academic purposes

### From where data/document is obtainable

Refer to the email of the corresponding author

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

Official and academic email to the corresponding author

### Comments

no

## Person responsible for updating data

### Contact

#### Name of organization / entity

Islamic Azad University

#### Full name of responsible person

Maryam Khosravi

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#### Latest degree

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