

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)

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Email address

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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

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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

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

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Full name of responsible person

Hamed Sabet

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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

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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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

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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