

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Evaluation of the effect of aromatherapy with Narcissus Essence oil on labor pain in nulliparous women

Protocol summary

Study aim

Determining the effect of aromatherapy with Narcissus essential oil on labor pain in nulliparous women

Design

Clinical randomized control trial with control group, parallel groups, without blinding, 80 participants

Settings and conduct

The study population consisted of 80 nulliparous women referred to Farideh Behbahani Obstetrics and Gynecology Hospital in Behbahan. pain intensity is taught to people using the visual pain scale. In dilatation 4 cm before the intervention, pain intensity is measured. For the intervention group, during the active phase of labor, 3 cc of narcissus essential oil is continuously poured into 100 cc of headquarters water and dispersed in the space . After intervening in dilatation of 6, 8 and 10 cm, the intensity of pain is determined by the client on the pain ruler. For the control group, routine procedures are performed and pain intensity is measured in 6, 8 and 10 cm dilatation.

Participants/Inclusion and exclusion criteria

Age 18-35 years, single pregnancy, cephalic presentation, gestational age 37-41 weeks, low risk pregnancy, dilatation 4 cm, no narcotics, fetal developmental disorders, infertility history, smell problems, allergy to plants

Intervention groups

Pain intensity is taught to people using the visual pain scale. In dilatation 4 cm before the intervention, pain intensity is measured. For the intervention group, during the active phase of labor, 3 cc of narcissus essential oil is continuously poured into 100 cc of headquarters water and dispersed in the space. After intervening in dilatation of 6, 8 and 10 cm, the intensity of pain is determined by the client on the pain ruler. For the control group, routine procedures are performed and pain intensity is measured in 6, 8 and 10 cm dilatation.

Main outcome variables

Pain intensity, length of active phase of labor, length of

second phase of labor

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200928048863N1**

Registration date: **2021-03-21, 1400/01/01**

Registration timing: **registered_while_recruiting**

Last update: **2021-03-21, 1400/01/01**

Update count: **0**

Registration date

2021-03-21, 1400/01/01

Registrant information

Name

Fatemeh Tanoureh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 5280 2748

Email address

fatemehtanoureh@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-02-28, 1399/12/10

Expected recruitment end date

2021-08-01, 1400/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title
Evaluation of the effect of aromatherapy with Narcissus
Essence oil on labor pain in nulliparous women

Public title
Effect of aromatherapy with Narcissus Essence oil on
labor pain

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Single pregnancy Cephalic Presentation Gestational age
37-41 weeks Dilatation 4 cm Low risk pregnancy Literacy
for reading and writing Live fetus without anomaly Do
not take narcotics
Exclusion criteria:
Cephalopelvic disorders Fetal developmental disorders
Drug addiction History of infertility Smell problems
Sensitivity to plants Maternal medical disease

Age
From **18 years** old to **35 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Individuals with inclusion criteria are divided into two
groups of control and intervention by double blocking
method. For random allocation, two envelopes A and B
are used. The control and intervention group is placed in
each envelope by a second person who does not know
the subject of the research and is closed. One envelope
is selected every day and on that day two qualified
people The conditions are assigned to the selected
group.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee

Ethics Committee of Ahwaz Jundishapur University of
Medical Sciences

Street address
No. 11, Shahid Safari Alley; Hojjat Alley

City
Behbahan

Province
Khouzestan

Postal code
6361743345

Approval date
2021-01-24, 1399/11/05

Ethics committee reference number
IR.AJUMS.REC.1399.829

Health conditions studied

1

Description of health condition studied
Labor pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
labor pain

Timepoint
In dilatation 4 cm (before intervention) in dilatation 6, 8
and 10 (after intervention)

Method of measurement
Vas questionnaire

Secondary outcomes

1

Description
Dose not have

Timepoint
Dose not have

Method of measurement
Dose not have

Intervention groups

1

Description
Intervention group: In dilatation of 6, 8 and 10, 3 cc of
narcissus essential oil in 100 cc of distilled water is
poured into the incense burner and participants are
asked to take deep breaths with each contraction. Then
the severity of the pain is measured.

Category
Treatment - Other

2

Description

Control group: In dilatation of 6, 8 and 10 cm, pain intensity in participants is measured.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Farideh Behbahani Hospital

Full name of responsible person

Fatemeh Tanoureh

Street address

No. 11, Shahid Safari Alley; Hojjat Alley

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Email

fatemehtanoureh@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mehdi Ahmadi Moghadam

Street address

No. 11, Shahid Safari Alley; Hojjat Alley

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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

Ahvaz 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

Ahvaz University of Medical Sciences

Full name of responsible person

Parvaneh Mousavi

Position

supervisor

Latest degree

Master

Other areas of specialty/work

Midwifery

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

parvaneh Mousavi

Position

supervisor

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Parvaneh Mousavi

Position

Professor

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no more information

Study Protocol

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

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

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