

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jun 2026

The assessment of the jasmine oil aroma effectiveness on sleep quality in patients undergoing hemodialysis.

Protocol summary

Study aim

Determining the effect of jasmine oil on sleep quality of patients undergoing hemodialysis in Sabzevar dialysis centers in 2021

Design

Randomized Clinical trial with control group, with parallel, single-blind, and outcome assessment

Settings and conduct

The location of the project performing will be Vasei Hospital and Kashefi Dialysis Center in Sabzevar. Hemodialysis patients who meet the inclusion criteria are divided into two groups using random allocation: intervention (receiving jasmine aroma) and control (not receiving jasmine aroma) for one month. before and after intervention sleep quality of patients measured and compared by Pittsburgh questionnaire. In this clinical trial, the statistician will be blinded with lack of information about data in two groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: • Get a Pittsburgh questionnaire score greater than 5 • At least 18 years old and at most 70 years old • History of at least 6 months of hemodialysis • Perform hemodialysis at least twice a week for at least 3 hours each time • Having full consciousness exclusion criteria: • Significant hearing and speech disorders • Known respiratory problems such as asthma • Existence of olfactory disorder • Known mental illness and drug addiction

Intervention groups

The intervention group is exposed to 5 drops of jasmine oil every night before going to bed for a month with a cotton swab dipped in oil. This oil, which is prepared from the jasmine flower by Ben Marie method with a concentration of 50% by the Gold Company of Nature, contains the active ingredients of linalyl acetate and benzyl acetate. The control group will receive only standard therapeutic interventions during the study.

Main outcome variables

A sleep quality score based on the Pittsburgh Sleep

Quality Questionnaire

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210217050396N1**

Registration date: **2021-03-27, 1400/01/07**

Registration timing: **prospective**

Last update: **2021-03-27, 1400/01/07**

Update count: **0**

Registration date

2021-03-27, 1400/01/07

Registrant information

Name

Alemeh Sultani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 4465 6867

Email address

soltania98@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-09, 1400/01/20

Expected recruitment end date

2021-06-10, 1400/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The assessment of the jasmine oil aroma effectiveness on sleep quality in patients undergoing hemodialysis.

Public title

The assessment of the jasmine oil aroma effectiveness on sleep quality in patients undergoing hemodialysis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Get a Pittsburgh questionnaire score greater than 5
Having a minimum age of 18 and a maximum of 70 years
Have a history of at least 6 months of hemodialysis
Perform hemodialysis at least twice a week for at least 3 hours each time
Having full consciousness

Exclusion criteria:

Significant hearing and speech disorders
Known respiratory problems such as asthma
Existence of olfactory disorder
Known mental illness and drug addiction

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Data analyser

Sample size

Target sample size: **58**

Randomization (investigator's opinion)

Randomized

Randomization description

Samples will be selected by available sampling and will be randomly assigned to intervention and control groups using random allocation blocks. R Software will be used to get the blocks. The blocks are made up of 6 English letters (A,B,C,D,E,F). A ,B,C will be considered for the intervention group, and other three letters (D,E,F) will be considered for the control group. The blocks will be randomly selected in blindfolded manner. Each block will determine the order of entry in the intervention and control groups. Assuming choosing the DCAFBE block means from left hand, first, fourth and sixth, respectively, will be located in the control group, and the second, third, and fifth of participants will be located in the intervention group, respectively. Thus, ten blocks will be selected to complete the sampling.

Blinding (investigator's opinion)

Single blinded

Blinding description

In this study, due to the lack of a placebo and researcher assistant, blinding the participant and the researcher will not be possible. Only the data analyzer is blinded due to lack of knowing the patients and giving data as A and B group to her.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Sabzevar university of medical sciences

Street address

Vice Chancellor for Research and Technology ,
University of Medical Sciences , Campus University ,
above the Memorial of the Unknown Martyrs, Nuclear
Martyrs Boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Approval date

2021-03-15, 1399/12/25

Ethics committee reference number

IR.MEDSAB.REC.1399.196

Health conditions studied

1

Description of health condition studied

Patients undergoing hemodialysis

ICD-10 code

N18.5

ICD-10 code description

Chronic kidney disease, stage 5

Primary outcomes

1

Description

Sleep quality score on the Pittsburgh questionnaire is less than 5

Timepoint

اندازه گیری کیفیت خواب در ابتدای مطالعه و یکماه پس از شروع استفاده از رایحه روغن یاسمین

Method of measurement

Pittsburgh Sleep Quality Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Every night for a month, before going to bed, they are exposed to 5 drops of jasmine oil. This oil, which is prepared from jasmine flowers by the Ben Marie method with a concentration of 50% by the Golden Nature Company, contains the active ingredients linalyl acetate and benzyl acetate. The method of using this oil in the present study is that we ask the patient or his companion to put 5 drops of Yasmin oil in a dropper containing 10 ccs of oil on a cotton ball each night before going to bed. Drop the prepared material and attach it to the collar of the research unit with a pin, and after waking up, remove it and throw it away. The method of use will be explained to the patient or his companion by the researcher in a practical way.

Category

Treatment - Other

2

Description

Control group: Since the aroma of any type of oil to be used as a placebo may affect the sleep quality of the control group units, we prefer not to use a placebo for these people. Therefore, the control group will receive only standard therapeutic interventions during the study. After one month, the sleep scores of the control and intervention groups are determined using the Pittsburgh questionnaire.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar Vasei Dialysis Center

Full name of responsible person

Alemeh Soltani

Street address

A large educational and medical hospital , Nuclear Martyrs Boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617747431

Phone

+98 51 4465 1300

Fax

+98 51 4465 3861

Email

waseehospital@medsab.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Mohammad Hossein Saghi

Street address

Vice Chancellor for Research and Technology , Nuclear Martyrs Boulevard above the Memorial of the Unknown Martyrs , Campus of the University of Medical Sciences ,

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Phone

+98 51 4401 8101

Fax

+98 51 4401 8102

Email

vc.Research@medsab.ac.ir

Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Alemeh Soltani

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 56, Besat Avenue

City

Sabzevar

Province

Razavi Khorasan

Postal code

9618643771

Phone

+98 51 4465 6867

Fax

Email

SoltaniA98@medsab.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Mostafa Rad

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Vice Chancellor for Education , University Campus ,
Tohid Shahr Boulevard Building , above the Tomb of
the Unknown Martyrs ,

City

Sabzevar

Province

Razavi Khorasan

Postal code

9613873136

Phone

+98 51 4401 1300

Fax

Email

Mostafarad633@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Alemeh Soltani

Position

Student

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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

No - There is not 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

No - There is not a plan to make this available