Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

The effect of rose water aromatherapy on stress, anxiety, depression and Compassion Fatigue in Babol pre hospital emergency organization staffs

Protocol summary

Study aim
Determining the effect of aromatherapy with rose water on stress, anxiety, depression and compassion-induced fatigue in pre hospital emergency personnel

Design
A control trial with a control group, with parallel, randomized, phase three groups on 70 pre-hospital staff, will use coin toss to randomize pre-hospital bases.

Settings and conduct
The researcher referred to the Babol Pre-Hospital Emergency Organization and the samples will be selected according to the inclusion criteria. Demographic, questionnaire, anxiety and depression questionnaires will complement compassion fatigue. In the experimental group, 5 drops of rose essential oil (Kashan Barich Essential Oil Company) and in the placebo group, 5 drops of distilled water are poured on the palms of the personnel. They are then asked to place their hands in front of their noses and take ten deep breaths in two minutes. This will be done in three shifts over the course of a week. After one week of intervention, the above questionnaires will be completed again by both groups.

Participants/Inclusion and exclusion criteria
At least one year of experience in pre -hospital work, no olfactory dysfunction based on self-reported personnel, no history of asthma, allergies and chronic diseases, no stressful events in the last three months based on self-reported personnel, no use of Sedatives and narcotics

Intervention groups
In the experimental group, 5 drops of rose essential oil (Kashan Barich Essential Oil Company) and in the placebo group, 5 drops of distilled water are poured on the palms of pre-hospital emergency personnel. They are then asked to place their hands in front of their noses and take ten deep breaths in two minutes. This will be done in three shifts over the course of a week.

Main outcome variables
Determining the level of stress, anxiety, depression in pre-hospital staff

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190204042617N3**
Registration date: **2021-09-02, 1400/06/11**
Registration timing: **prospective**

Last update: **2021-09-02, 1400/06/11**
Update count: **0**

Registration date
2021-09-02, 1400/06/11

Registrant information

Name
Parvin Aziznejadroshan
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-09-06, 1400/06/15

Expected recruitment end date
2022-03-06, 1400/12/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
The effect of rose water aromatherapy on stress, anxiety, depression and Compassion Fatigue in Babol pre hospital emergency organization staffs

Public title
The effect of rose water aromatherapy on stress, anxiety, depression and Compassion Fatigue in pre hospital emergency organization staffs

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Have one year of experience in pre -hospital emergency
Exclusion criteria:
Having a history of asthma, allergies and chronic diseases Stressful events such as divorce and the death of loved ones for any reason in the past three months Existence of olfactory disorder based on staff self-declaration Use of benzodiazepines, sedatives and narcotics

Age
From **23 years** old

Gender
Both

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description
There are fourteen pre-hospital emergency bases (road and city) affiliated to Babol University of Medical Sciences in Babol city. First, twelve bases are randomly selected and then randomly divided into two groups of intervention and control based on coin toss, and their members are entered into the study as a sample.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee of Babol University of Medical Sciences
Street address
Babol University of Medical Sciences, Ganjafrooz Street, Babol, Mazandaran, Iran.
City
Babol
Province
Mazandaran
Postal code
47176-47745

Approval date
2021-08-08, 1400/05/17

Ethics committee reference number
IR. MUBABOL. REC .1400. 014

Health conditions studied

1

Description of health condition studied
Depression

ICD-10 code
P91.4

ICD-10 code description
Neonatal cerebral depression

2

Description of health condition studied
Stress

ICD-10 code
F43

ICD-10 code description
Reaction to severe stress, and adjustment disorders

3

Description of health condition studied
Anxiety

ICD-10 code
F06.4

ICD-10 code description
Anxiety disorder due to known physiological condition

4

Description of health condition studied
Stress

ICD-10 code
F43.0

ICD-10 code description
Acute stress reaction

Primary outcomes

1

Description
Stress score on Depression, Anxiety, Stress Scale - 21 (DASS -21)

Timepoint
At the beginning of the study and one week after starting

aromatherapy with rose

Method of measurement

DASS-21 questionnaire

2

Description

Anxiety score on DASS-21

Timepoint

At the beginning of the study and one week after starting aromatherapy with rose

Method of measurement

DASS-21 questionnaire

3

Description

Depression score on DASS-21

Timepoint

At the beginning of the study and one week after starting aromatherapy with rose

Method of measurement

DASS-21 questionnaire

Secondary outcomes

1

Description

Compassion fatigue score

Timepoint

At the beginning of the study and one week after starting aromatherapy with rose

Method of measurement

Figley Compassion Fatigue Questionnaire

Intervention groups

1

Description

Intervention group: 5 drops of rose essential oil (from Barich Essential Oil Company of Kashan) are poured on the palms of pre-hospital emergency personnel and they are asked to hold their hands in front of their noses and take ten deep breaths in two minutes. This will be done in three shifts over the course of a week

Category

Prevention

2

Description

Control group: 5 drops of distilled water are poured on the palms of pre-hospital emergency personnel and they are asked to hold their hands in front of their noses and take ten deep breaths in two minutes. This will be done in three shifts over the course of a week.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Babol Pre-Hospital Emergency Organization

Full name of responsible person

Dr. Abolghasem laali

Street address

Pre-Hospital Emergency Organization، University of Medical Sciences, Ganjafrooz Street, Babol, Mazandaran, Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol University of Medical Sciences

Full name of responsible person

Dr. Reza Ghadimi

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rezaghadimi@yahoo.com

Web page address

http://research.mubabol.ac.ir/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Babol 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

Babol University of Medical Sciences

Full name of responsible person

Parvin Aziznejadroshan

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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

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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable