

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Jul 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

Name of organization / entity

Country

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 Iaali
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
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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
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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