

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jun 2026

The effect of aromatherapy with Damascena oil on anxiety, accuracy and job stress in operating room technologists

Protocol summary

Registration timing: **registered_while_recruiting**

Study aim

Determining the effect of aromatherapy with Damascena oil on anxiety, accuracy and job stress in operating room technologists in the hospitals of Qom university of medical sciences

Last update: **2021-11-13, 1400/08/22**

Update count: **0**

Registration date

2021-11-13, 1400/08/22

Design

Randomized clinical trial

Registrant information

Name

Meysam Hoseini Amiri

Name of organization / entity

Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences

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Settings and conduct

Subjects will allocate to two equal groups of control and intervention using block randomization method. Aromatherapy will last 10 minutes. Completion of tools will be done before and immediately after the aromatherapy. This study will done in the hospitals of Qom university of medical sciences.

Recruitment status

Recruitment complete

Funding source

Participants/Inclusion and exclusion criteria

Tendency to participate in the study, Having at least an associate degree in the operating room, Having at least 6 months of work experience in the operating room, Having a healthy sense of smell, No history of plant odor allergy, Absence of unfortunate event during the month before the study, Not taking sedatives, No history of chronic headaches including migraines and allergic diseases such as asthma.

Expected recruitment start date

2021-11-09, 1400/08/18

Expected recruitment end date

2021-12-09, 1400/09/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Intervention groups

Subjects in intervention group will inhale 2 drops of Damascena oil 40% poured on upper lip during 10 minutes. Control group: Subjects in control group will inhale 2 drops of placebo (normal Saline) on upper lip during 10 minutes.

Scientific title

The effect of aromatherapy with Damascena oil on anxiety, accuracy and job stress in operating room technologists

Main outcome variables

Anxiety related to COVID, Accuracy, Job Stress.

Public title

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20140428017468N6**

Registration date: **2021-11-13, 1400/08/22**

The effect of aromatherapy with Damascena oil on anxiety, accuracy and job stress

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Tendency to participate in the study Having at least an associate degree in the operating room Having at least 6 months of work experience in the operating room Having a healthy sense of smell No history of plant odor allergy Absence of unfortunate event during the month before the study Not taking sedatives No history of chronic headaches including migraines and allergic diseases such as asthma

Exclusion criteria:

Unwillingness to continue collaborating in the study Using of perfumes and colognes

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Subjects will allocate to two equal groups of control and intervention using blocking randomization method. The blocking method will be used to balance the number of samples which assigned to each of the study groups. In this method, the blocks size will be selected randomly, so that an equal number of individuals of both groups there is in each block.

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

Research Ethics Committee of Qom University of Medical Sciences

Street address

Vice chancellor for research of Qom University of Medical Sciences, Safashar road, Qom, Iran

City

Qom

Province

Ghous

Postal code

3713649373

Approval date

2021-10-26, 1400/08/04

Ethics committee reference number

IR.MUQ.REC.1400.148

Health conditions studied

1

Description of health condition studied

Corona virus related anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

COVID-19 related anxiety

Timepoint

Before and immediately after intervention

Method of measurement

Spielberger questionnaire

2

Description

Accuracy

Timepoint

Before and immediately after intervention

Method of measurement

Bonardel Accuracy Test

3

Description

Job stress

Timepoint

Before and immediately after intervention

Method of measurement

Health and Safety Executive job stress questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Subjects will inhale 2 drops of Damascena oil 40% poured on upper lip during 10 minutes.

Category

Treatment - Drugs

2**Description**

Control group: Subjects will inhale 2 drops of placebo (normal Saline) on upper lip during 10 minutes.

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Qom Kamkar-Arabnia Hospital

Full name of responsible person

Javad Khodadad

Street address

Kamkar-Arabnia Hospital, Bjak road

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2**Recruitment center****Name of recruitment center**

Amiralmomenin Hospital

Full name of responsible person

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3**Recruitment center****Name of recruitment center**

Shahid Beheshti Hospital

Full name of responsible person

Yaser Frougi

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4**Recruitment center****Name of recruitment center**

بیمارستان نکویی

Full name of responsible person

جواد حکیم الهی

Street address

Ayatollah Taleghani St., Nekouei Hospital

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7335537158

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

Ghoum University of Medical Sciences

Full name of responsible person

Mohammad Reza Ghadir

Street address

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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

Ghoum 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**

Ghoum University of Medical Sciences

Full name of responsible person

Meysam Hosseini Amiri

Position

Instructor

Latest degree

Master

Other areas of specialty/work

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Person responsible for scientific inquiries**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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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

Master

Other areas of specialty/work

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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

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

Statistical Analysis Plan

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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