Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

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

Protocol summary

Study aim
Determining the effect of aromatherapy with Damascena oil on anxiety, accuracy and jab steress in operating room technologists in the hospitals of Qom university of medical sciences

Design
Randomized clinical trial

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.

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.

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.

Main outcome variables
Anxiety related to COVID, Accuracy, Job Stress.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20140428017468N6**
Registration date: **2021-11-13, 1400/08/22**
Registration timing: **registered_while_recruiting**

Last update: **2021-11-13, 1400/08/22**
Update count: **0**

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

Registrant information

Name
Meysam Hoseini Amiri

Name of organization / entity
Faculty of Nursing and Midwifery, Mashhad University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

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

Scientific title
The effect of aromatherapy with Damascena oil on anxiety, accuracy and jab steress in operating room technologists

Public title

The effect of aromatherapy with Damascena oil on anxiety, accuracy and jab steress

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
Ghoum

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
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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
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4

Recruitment center
Name of recruitment center
بیمارستان نکویی
Full name of responsible person
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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
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Hoseini_amiri@yahoo.com
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
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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
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