

# 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

##### Country

Iran (Islamic Republic of)

##### Phone

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##### Email address

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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**

Ghoush

**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

**City**

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

Amiralmomenin Hospital

**Full name of responsible person**

Abas Ahmadi

**Street address**

Amiralmomenin Hospital, Shahid Beheshti road

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Qom

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6479737199

**Phone**

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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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**Province**

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7335537158

**Phone**

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**Email**

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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**

Qom University of Medical Sciences, Saheli road

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**Province**

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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

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**Person responsible for updating data****Person responsible for general inquiries****Contact****Name of organization / entity**

Ghoom University of Medical Sciences

**Full name of responsible person**

Meysam Hosseini Amiri

**Position**

Instructor

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

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**Contact****Name of organization / entity**

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Ghoom University of Medical Sciences

**Full name of responsible person**

Meysam Hosseini Amiri

**Position**

Instructor

**Latest degree**

Master

**Other areas of specialty/work**

Nursery

**Street address**

Pardisan, Qom university of medical sciences

**City**

Qom

**Province**

Ghoom

**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