

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

The effect of chamomile tea in dyspnea and anxiety on patients with chronic heart failure in the Jahrom country Honari clinic in 2014

Protocol summary

Medical Sciences

Summary

This is a randomized double blind study on 60 patients with heart failure referring to clinic; 30 patients in case group receive chamomile tea with standard treatment during 4 week and 30 patients in control group receive standard treatment only. Degree of dyspnea and anxiety will be studied using Beck questionnaire and dyspnea criteria. The data will analyze with average and standard deviation and be compared between groups.

Expected recruitment start date

2014-04-30, 1393/02/10

Expected recruitment end date

2014-08-01, 1393/05/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201308055866N11**

Registration date: **2014-04-26, 1393/02/06**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-04-26, 1393/02/06

Registrant information

Name

Akram Sanagoo

Name of organization / entity

Golestan University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Deputy of Research & Technology, Golestan University of

Scientific title

The effect of chamomile tea in dyspnea and anxiety on patients with chronic heart failure in the Jahrom country Honari clinic in 2014

Public title

The effect of Chamomile tea in dyspnea and anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

inclusion criteria: the alert patients that can have self care; non pregnant women; can to continue treatments during 4 week; age 18 to 80 years old; dyspnea due to heart failure; have glomerular filtration rate 90-120 ml/min; without asthma or chronic obstructive pulmonary disease; without reaction to use of chamomile tea; without acute or chronic heart failure with GFR under 90 ml/min. Exclusion criteria: death; sensitivity to chamomile tea.

Age

From **18 years** old to **80 years** old

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
Blinding (investigator's opinion)
Double blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Golestan University of Medical Sciences

Street address

Golestan University of Medical Sciecens,Shastkol

City

Gorgan

Postal code

4934174515

Approval date

2014-03-16, 1392/12/25

Ethics committee reference number

39459200257

Health conditions studied

1

Description of health condition studied

Dyspnea

ICD-10 code

I50.9

ICD-10 code description

Heart failure, unspecified

2

Description of health condition studied

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

Primary outcomes

1

Description

Degree of anxiety

Timepoint

Previous,two seconds and four seconds after intervention

Method of measurement

Beck scale

2

Description

Severity of dyspnea

Timepoint

Previous,two seconds and four seconds after intervention

Method of measurement

VAS analyse scale

Secondary outcomes

empty

Intervention groups

1

Description

Group intervention:The patient in interventional group in addition to standard treatment three times daily use chammomile teathat diluted one tea bag in 50cc water100degree,in order physician use in form of palliative care.this therapy will continue four weeks in home.

Category

Treatment - Drugs

2

Description

Control group: standard heart failure therapy, including the use Diuretic, angiotensin enzyme inhibitors, beta-blockers and anxiolytic such as diazepam and midazolam

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center**Name of recruitment center**

Jahrom Honari clinic

Full name of responsible person

Zaynabsadat Fatah

Street address

Motahari Hospital

City

Jahrom

Sponsors / Funding sources

1

Sponsor**Name of organization / entity**

Deputy of Research & Technology, Golestan University of Medical Sciences

Full name of responsible person

Masood Khoshnia

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Shastkola,Golestan University of Medical Sciences

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Gorgan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Deputy of Research & Technology, Golestan University of Medical Sciences

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***Person responsible for general inquiries****Contact****Name of organization / entity**

Golestan University of Medical Sciences

Full name of responsible person

Massomeh Rahimi

Position

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Sharing plan**Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*