Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

comparison the impact of Salvia officinalis and Citrus arantium aroma on post cesarean anxiety and pain

Protocol summary

Summary

Study was a randomized single blind to determine the impact of Salvia officinalis and Citrus arantium aroma on post cesarean anxiety and pain in the three groups (two intervention groups and one control group) , each group consisting of 40 persons. Inclusion criteria were: age between 18-35 years. absence of infection , and history of hypertension , coagulation disorders , migraines , allergies to plants,smell disorders , anxiety disorder known . absence of drug and psychotropic drugs . having a healthy baby . use of spinal anesthesia in the operating cesarean . no Ayjadmshklat breathing during surgery. Exclusion criteria were: incidence Vyajrahy any medical problem requiring urgent medical intervention during the execution of the study. Postoperative nausea and vomiting . Sensitivity and discomfort after every breathing . The intervention consisted of two types of aromatherapy essential oils (Salvia officinalis and Citrus arantium) for two intervention groups and saline for the control. Prevent inadvertent contamination of samples , samples from each group are placed in separate rooms . Patients are undergoing cesarean section after the onset of pain , 4,8and 12 hours after that aromatherapy with essential oils of Salvia officinalis and Citrus arantium will do.pain half hour after every aromatherapy and anxiety half hour After the first the fourth stage of intervention is measured . 3 drops of aromatherapy combined intervention group containing spilled oil on the cotton used and the patient is asked to breathe for 5 minutes to 10 cm apart . Aromatherapy in control group will perform the same way .

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT201402215912N14**
Registration date: **2014-04-18, 1393/01/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-04-18, 1393/01/29

Registrant information

Name

Mandana Mir Mohammad Ali Ei

Name of organization / entity

Tehran University of Medical Scinces

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

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mirmohammad@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2014-04-05, 1393/01/16

Expected recruitment end date

2014-06-06, 1393/03/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

comparison the impact of Salvia officinalis and Citrus arantium aroma on post cesarean anxiety and pain

Public title

comparison the impact of Salvia officinalis and Citrus

arantium aroma on post cesarean anxiety and pain

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria were: age between 18-35 years. Absence of infection, and history of hypertension, coagulation disorders, migraines, allergies to plants,smell disorders, anxiety disorder known. Absence of drug and psychotropic drugs. Having a healthy baby. Use wireless spinal anesthesia in cesarean. no Ayjadmshklat breathing during surgery. Exclusion criteria were: incidence Vyajrahy any medical problem requiring urgent medical intervention during the execution of the study. Postoperative nausea and vomiting. Sensitivity and discomfort after every breathing.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

آیا منظور شما این است: بلوار کشاورز،نبش خیابان قدس،سازمان مرکزی دانشگاه،طبقه ششم Blvarkshavrz BLD,Ghods street, Central builiding University, Sixth Floor

City

Tehran

Postal code

Approval date

2014-03-03, 1392/12/12

Ethics committee reference number

92/130/2921/د

Health conditions studied

1

Description of health condition studied

abdominal and pelvic pain

ICD-10 code

R10.3

ICD-10 code description

pain localized to other parts of lower abdomen

2

Description of health condition studied

anxiety

ICD-10 code

f41.9

ICD-10 code description

anxiety disorder unspecified/anxiety NOS

Primary outcomes

1

Description

pain

Timepoint

Before the intervention, after of first stage, after of second stage , after of III stage, IV after of study

Method of measurement

Visual pain scale

2

Description

Anxiety

Timepoint

Before the intervention, after of first stage, after of fourth stage

Method of measurement

STAI scale

Secondary outcomes

1

Description

The side effects and blood pressure and pulse

Timepoint

After the intervention

Method of measurement

Interview,Pressure,Smartphone

2

Description

Satisfaction

Timepoint

after of fourth intervention

Method of measurement

Questionnaire

Intervention groups

1

Description
Intervention group 1 patients who are undergoing cesarean section after the onset of pain, 8,4 and 12 h after three drops of essential oil of Citrus arantium water is poured on cotton is Nhakhvasth 5 minutes from a distance of 10 cm it can breatheلغو ویرایشهاCancel
Category
Treatment - Other

2

Description
Intervention group 2 patients who are undergoing cesarean section after the onset of pain, 8,4 and 12 hours after it is poured three drops of essential oil of Salvia officinalis cotton Nhakhvasth is 5 minutes from a distance of 10 cm it can breathe
Category
Treatment - Drugs

3

Description
Intervention group 2 patients who are undergoing cesarean section after the onset of pain, 8,4 and 12 hours after it is poured three drops of essential oil of Normal salin cotton Nhakhvasth is 5 minutes from a distance of 10 cm it can breathe
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
Moatazedi Hospital in Kermanshah
Full name of responsible person
fruzan sharifipuor
Street address
Ferdowsi Square
City
kermanshah

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
School of Nursing and Midwifery, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Mandana Mirmohammad Ali Ei
Street address
Dr Mirkhani(eastern Nosrat) st.Tohid square
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
School of Nursing and Midwifery, Tehran University of Medical Sciences and Health Services
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
School of Nursing and Midwifery, Tehran University of Medical Sciences and Health Services
Full name of responsible person
Mandana Mirmohammad Ali Ei
Position
academic member
Other areas of specialty/work
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Person responsible for scientific inquiries

Contact
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Person responsible for updating data

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Web page address

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