

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 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

Email address

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
street, Central building University, Sixth Floor

City

Tehran

Postal code

Approval date

2014-03-03, 1392/12/12

Ethics committee reference number

92/130/2921/3

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 breathe لغو ویرایش Cancel

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 sharifipour

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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Contact

Name of organization / entity

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Full name of responsible person

Mandana Mirmohammad Ali Ei

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