

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

Comparison of aromatherapy with essential oils of Lavender and Rose on nausea and vomiting in patients undergoing chemotherapy

Protocol summary

Study aim

Determining the comparison of nausea of patients undergoing chemotherapy in the scent group of Ishtakhdos and the group of Mohammadi flowers.

Design

A controlled, symmetrical, single-blind, randomized, phase 3 clinical trial of 120 patients. A sealed envelope is used for randomization.

Settings and conduct

The study aims to reduce nausea in patients undergoing chemotherapy in Shahid Beheshti Hospital. Three drops of the relevant essential oil (2 drops of rose and 1 drop of lavender in the combined group) and distilled water in the placebo group are poured on a napkin and placed at a distance of 10-15 cm from the nose on the first night of chemotherapy by taking 5 deep breaths and He inhales from 10 pm to 6 am.

Participants/Inclusion and exclusion criteria

Not using aromatherapy in the last month and complementary medicine during the intervention No allergic rhinitis, asthma, chronic lung disease, and no allergy to medicinal herbs Symptoms of sensitivity to the used fragrance

Intervention groups

The intervention groups include: the lavender group, rose flower group, a combination of lavender and rose flower (3 drops of rose flower and 2 drops of lavender), and placebo group (distilled water). The patients in each group are asked to inhale the desired substance for three consecutive nights when they have received chemotherapy, pour it on a napkin and place it at a distance of 8 cm from the nose and inhale it from 10:00 PM to 6:00 AM.

Main outcome variables

Reduce nausea

General information

Reason for update

Acronym

LRH

IRCT registration information

IRCT registration number: **IRCT20220528055008N1**

Registration date: **2022-07-17, 1401/04/26**

Registration timing: **registered_while_recruiting**

Last update: **2022-07-17, 1401/04/26**

Update count: **0**

Registration date

2022-07-17, 1401/04/26

Registrant information

Name

Zahra Kordvarkaneh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3274 7386

Email address

zahrakordvarkane955@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-07-10, 1401/04/19

Expected recruitment end date

2022-10-11, 1401/07/19

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of aromatherapy with essential oils of Lavender and Rose on nausea and vomiting in patients

undergoing chemotherapy

Public title
The effect of lavender and rosemary essential oil on nausea and vomiting in chemotherapy patients

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
Do not use aromatherapy in the past month No allergic rhinitis, asthma, chronic lung disease, sleep disorders, and other chronic diseases that affect the sense of smell No history of allergy to medicinal plants Have a course of at least 3 days of chemotherapy.
Exclusion criteria:
Occurrence of a stressful event: death of relatives, divorce, etc. during the study Using other complementary medicine interventions while studying Symptoms of sensitivity to the used fragrance Having pain while studying

Age
From **18 years** old to **60 years** old

Gender
Both

Phase
3

Groups that have been masked

- Participant

Sample size
Target sample size: **120**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling will be available and then random allocation will be done, and every day each of the research samples that meet the criteria for entering the study will randomly select an envelope from among the sealed envelopes. In this way, the group Rosemary, Stochodos, placebo, and mixed (rosemary and Stochodos in a ratio of 3 to 2) are assigned to complete the sample size in each group and all 4 groups. The method of blinding is in the form of a blind. Only the patients did not know which group they were in. Patients receiving the scent are hospitalized in separate rooms.

Blinding (investigator's opinion)
Single blinded

Blinding description
Glasses of essential oils and distilled water have the same shape, size, and color.

Placebo
Used

Assignment
Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Hamadan University of Medical Sciences

Street address

No. 47,Tima One Alley, Al-Ghadir Boulevard, Imam Hossein Square, Hamedan.

City

Hamadan

Province

Hamadan

Postal code

6513745373

Approval date

2022-05-06, 1401/02/16

Ethics committee reference number

IR.UMSHA.REC.1401.147

Health conditions studied

1

Description of health condition studied

Nausea of chemotherapy patients

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Nausea score on visual analog scale is less than 5.

Timepoint

Measurement of nausea at the beginning of the intervention (before the intervention) and 1, 2, 3 and the day after inhalation of lavender, rose and placebo essential oils

Method of measurement

Visual Analogue Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Lavender essential oil group, chemical compounds linalyl acetate 25-47, linalool 20-45, cineol maximum 2.5%, limonene maximum 1%, camphor maximum 1.2%, alpha-terpineol maximum 2%, baric essential oil company, 3 drops of essential oil Shed 10-15 cm from the nose is inhaled from 22 to 6 in the morning for 8 hours.

Category

2**Description**

Rose essential oil group, 100% distilled rose essential oil compositions, and 3 drops of rose essential oil from Barich Essential Oil Company are poured on a napkin and placed at a distance of 10-15 cm from the nose from 22:00 to 6:00 in the morning and inhaled for 8 hours. Be.

Category

Rehabilitation

3**Description**

Intervention group: Combined group of ostrich essential oil and rose, 2 drops of ostrich essential oil of Barich Essential Oil Company, including linalyl acetate 25-47, linalool 20-45, cineol maximum 2.5%, limonene maximum 1%, camphor maximum 1.2%, alpha-terpineol maximum 2% and 3 rose essential oils Baric Company puts 100% rose essential oil on a napkin at a distance of 10-15 cm from the nose and is inhaled from 22:00 to 6:00 in the morning.

Category

Rehabilitation

4**Description**

Control group: Placebo group: 3 drops of distilled water is placed on a napkin at a distance of 10-15 cm from the nose and is inhaled from 8 pm to 6 am for 8 hours.

Category

Placebo

Recruitment centers1**Recruitment center****Name of recruitment center**

Shahid Beheshti hospital

Full name of responsible person

Zahra Kordvarkaneh

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No. 47, Tima One Alley, Al-Ghadir Boulevard, Imam Hossein Square, Hamedan.

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Phone

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Email

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Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Hamedan University of Medical Sciences

Full name of responsible person

Shirin Sharifi

Street address

No. 47, Tima One Alley, Al-Ghadir Boulevard, Imam Hossein Square, Hamedan.

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Email

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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

Hamedan University of Medical Sciences

Proportion provided by this source

80

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**

Hamedan University of Medical Sciences

Full name of responsible person

Zahra Kordvarkaneh

Position

Nurse

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Zahra Kordvarkaneh

Position

Nurse

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Master

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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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

Yes - There is 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

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

All potential data can be shared after unidentified individuals. Includes: study results, severity of nausea of drugs, age of people, types of cancer and nausea of related drugs

When the data will become available and for how long

6 months after printing

To whom data/document is available

All researchers and patients

Under which criteria data/document could be used

It can be used if the results are generalized to the type of drug, not the type of cancer and its association with nausea.

From where data/document is obtainable

By e-mail address

What processes are involved for a request to access data/document

After sending an email from the applicant, the file will be provided to the person 1 month later.

Comments