

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Comparison between the effect of aromatherapy with Chamomile and Damask Rose (*Rosa damascene mill*) on anxiety and pain in emergency surgery patients

Protocol summary

Study aim

Comparison of the effect of aromatherapy with Damask rose and chamomile essential oil on anxiety level, pain intensity and hemodynamic variables in patients candidates for emergency surgery.

Design

This study will be a randomized clinical trial with three groups (two intervention groups and one control group). To allocate the samples to the study groups randomly, the random permutation block design of three treatments with six blocks will be used; which will be considered A (for the frozen flower group), B (for the chamomile group) and C (for the control group). Then the website <https://www.sealedenvelope.com> will be used to determine the required random blocks and their sequence.

Settings and conduct

The research environment will be the male and female surgery wards of Zanjan medical science teaching hospitals.

Participants/Inclusion and exclusion criteria

People over 18 years of age (to ensure the expressed sense), The patient's desire to participate in the study, Having clear verbal ability, Not having a history of allergy and sensitivity to chamomile and Damask rose, Having a healthy sense of smell and Having no history of surgery on the jaw, face and nose and systemic or chronic diseases affecting the sense of smell or hearing, There is no history of mental illness and chronic anxiety diseases known based on the patient's speech and his family.

Intervention groups

Aromatherapy group with Damask rose essential oil (group A) - Aromatherapy group with chamomile essential oil (group B) - Control group with distilled water (group C)

Main outcome variables

Anxiety; Pain; Vital signs

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220827055802N1**

Registration date: **2022-09-14, 1401/06/23**

Registration timing: **prospective**

Last update: **2022-10-01, 1401/07/09**

Update count: **1**

Registration date

2022-09-14, 1401/06/23

Registrant information

Name

Farshid Bahrami

Name of organization / entity

Country

Iran (Islamic Republic of)

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+98 24 3575 4193

Email address

farshidbh72129@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-23, 1401/07/01

Expected recruitment end date

2022-12-22, 1401/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between the effect of aromatherapy with Chamomile and Damask Rose (*Rosa damascene mill*) on anxiety and pain in emergency surgery patients

Public title

Comparison between the effect of aromatherapy with Chamomile and Damask Rose (*Rosa damascene mill*) on anxiety and pain in emergency surgery patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

1- People over 18 years of age (to ensure the expressed sense) 2- The patient's desire to participate in the study 3- Having clear verbal ability

Exclusion criteria:

1- having a history of allergy and sensitivity to chamomile and Damask Rose 2- There is history of mental illness and chronic anxiety diseases known based on the patient's speech and his family. 3- Unhealthy sense of smell and having a history of surgery on the jaw, face and nose and systemic or chronic diseases affecting the sense of smell or hearing

Age

From **18 years** old

Gender

Both

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **38**

Randomization (investigator's opinion)

Randomized

Randomization description

To allocate the samples to the study groups randomly, a random permutation block design of three treatments with six blocks will be used, which is A (for the Damask Rose group), B (for the chamomile group) and C (for the control group) will be considered. Then, the website: <https://www.sealedenvelope.com> will be used to determine the required random blocks and their sequence.

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

Ethics committee of Zanjan University of Medical Sciences

Street address

No 73-beheshti street- hidaj city-zanjan province

City

Zanjan

Province

Zanjan

Postal code

4573155641

Approval date

2022-08-23, 1401/06/01

Ethics committee reference number

IR.ZUMS.REC.1401.183

Health conditions studied

1

Description of health condition studied

All candidates for emergency surgery in the field of orthopedics with a closed injury of a limb, such as fractures and sprains, tendon injuries, and joint and ligament injuries in the hands or feet.

ICD-10 code

G89.11

ICD-10 code description

Acute pain due to trauma

Primary outcomes

1

Description

Anxiety level on the visual analogue scale of anxiety

Timepoint

Measuring the level of anxiety before the intervention, after three intervention periods, in the morning before the operation

Method of measurement

Visual Analogue Scale of Anxiety

2

Description

Pain intensity on a visual analog scale

Timepoint

Pain intensity measurement before the intervention, after three intervention periods, in the morning before the operation

Method of measurement

visual analog scale

Secondary outcomes

1

Description

Vital Signs

Timepoint

Before and after performing 3 intervention courses and on the morning of the operation day while transferring the patient to the operating room

Method of measurement

A nurse will be used to count the patient's breaths in one minute. For pulse and blood pressure, the standard portable monitor device calibrated by the medical equipment unit of the hospital will be used by the same nurse

Intervention groups

1

Description

The first intervention group: Damask rose group, the use of 40% Damask rose essential oil as aromatherapy, the total time of the intervention at the night before the operation is 3 times each time for 1 hour, with 3 drops in each hour and a total of 9 drops in 3 hours. The essential oil purchased from Zarband company will be used

Category

Treatment - Drugs

2

Description

The second intervention group: Chamomile group, the use of 40% Chamomile essential oil as aromatherapy, the total time of the intervention at the night before the operation is 3 times each time for 1 hour, with 3 drops in each hour and a total of 9 drops in 3 hours. The essential oil purchased from Zarband company will be used

Category

Treatment - Drugs

3

Description

Control group: Distilled water group, use of distilled water as aromatherapy, the total time of the intervention the night before the operation is 3 times for 1 hour each time, where 3 drops will be used every hour and a total of 9 drops will be used in 3 hours.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Educational & Treatment Center of mosavi

Full name of responsible person

Dr. Mostafa Azizi

Street address

Ayat Mousavi hospital, Gavazang Road

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Web page address

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2

Recruitment center

Name of recruitment center

Alghadir Abhar Hospital

Full name of responsible person

Dr. Javad Hosseinkhani

Street address

next to the nursing faculty, Nurse Blvd, at the end of Ayatollah Khamenei Blvd, Abhar city

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https://zums.ac.ir/index.php?slc_lang=fa&sid=216

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Dr. Hassan Bakhtiari

Street address

Zanjan University of Medical Sciences, Azadi Blvd, Zanjan

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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
Zanjan 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

Person responsible for general inquiries

Contact

Name of organization / entity
Zanjan University of Medical Sciences

Full name of responsible person
Dr. Nasreen Hanifi

Position
Associate professor, faculty member

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

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Faculty of Nursing and Midwifery, Zanjan University of Medical Sciences, Shahrak karmandan

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Person responsible for scientific inquiries

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Full name of responsible person
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Position
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Latest degree
Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

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Zanjan University of Medical Sciences

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

There is no further information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable