Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 2026

Effect of lavender essential oil on anxiety and pain during insertion of intrauterine device

Protocol summary

Summary

Background: The aim of this study was to evaluate the effects of lavender essential oil on anxiety and pain of intrauterine insertion. Method: This is a randomized single blind clinical trial. A sample of women attending a family planning center in Tehran, Iran are entered into the study. They will be randomly assigned into three equal groups, one for lavender essential oil (n=45) and two for placebo (n-=45) and other for control group (n-=45). In all 135 are participated in this study. Data are collected by demographic questionnaire and speilberger questionnair and visual analog scale of Jhonson. The SPSS version 16.0 is use to analyze the data. Descriptive analyses is carry out to explore the data.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201209266206N4**
Registration date: **2012-11-04, 1391/08/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-11-04, 1391/08/14

Registrant information

Name

Parvin Rahnama

Name of organization / entity

Shahed University

Country

Iran (Islamic Republic of)

Phone

+98 21 6641 8587

Email address

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2008-07-22, 1387/05/01

Expected recruitment end date

2008-10-25, 1387/08/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of lavender essential oil on anxiety and pain during insertion of intrauterine device

Public title

Effect of smelling of lavender essential oil on anxiety and pain during insertion of intrauterine device

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: there is no psychology disease; anxiety; influanza and no smoking. Exclusion criteria: sensitivity or allergy to perfume and essential oil.

Age

From **17 years** old to **47 years** old

Gender

Female

Phase

1

Groups that have been masked

No information

Sample size

Target sample size: **135**

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
Ethics committee of Tehran University of Medical Sciences.
Street address
Ghods St, Keshavarz Blv, Tehran University of Medical Sciences
City
Tehran
Postal code
Approval date
2008-05-12, 1387/02/23
Ethics committee reference number
6624/ص

Health conditions studied

1

Description of health condition studied
IUD insertion
ICD-10 code
Z30.1
ICD-10 code description
Insertion of (intrauterine) contraceptive device

Primary outcomes

1

Description
Anxiety
Timepoint
Before and after intervention
Method of measurement
Spielberger questionnaire

2

Description
Pain
Timepoint
After intervention and after IUD insertion
Method of measurement
Visual analoug scale of jhonson

Secondary outcomes

empty

Intervention groups

1

Description
The women's will give a box containing a cotton ball soak with three drops of sesame oil. The womens will aske to inhale the box from 7 to 10 centimeter from nose.The apparent and acute anxiety determine in all before and after aromatherapy just before intra uterine device insertion
Category
Placebo

2

Description
control groups will receive routine care.
Category
Other

3

Description
The women's give a box containing a cotton ball soak with three drops of lavender essential oil . The women ask to inhale the box from 7 to 10 centimeter from nose. The apparent and acute anxiety will determine in group before and after aromatherapy just before intra uterine device insertion
Category
Treatment - Drugs

Recruitment centers

1

Recruitment center
Name of recruitment center
family planning center
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice chancellor for research of Tehran University of Medical Sciences
Full name of responsible person

Akbar Fotohi

Street address

Ghods St, Keshavarz Blv,

City

Teharn

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research of Tehran 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

Shahed University

Full name of responsible person

Parvin Rahnama

Position

Assistant professor

Other areas of specialty/work

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Person responsible for scientific inquiries

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faculty of nursing and midwifery,Tehran University of Medical Sciences

Full name of responsible person

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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