Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Survey of the effect of aromatherapy on accuracy of critical care nurses

Protocol summary

Summary
The purpose of this study is to investigate the effects of lavender and mint aromas on the accuracy level of nurses of critical care wards. In this study, 15 nurses working in various critical care wards will be selected by convenience methods as the pilot plan. The participants will be randomly chosen on three different days in order to be subjected to aromatherapy. Work shifts and interference period will be equal. Before intervention, the participants are requested to take the Bonardel Accuracy Test. After that, the first randomly chosen interference which could be mint, lavender or placebo will be performed and the participant will be subjected to the chosen aroma for 60 minutes, then the aroma container will be taken away and the participant will be asked to once more take the accuracy test. The second and the third interference will be performed during the next days and by taking the abovementioned criteria into account.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT201104306342N1**
Registration date: **2011-05-20, 1390/02/30**
Registration timing: **prospective**

Last update:
Update count: **0**
Registration date
2011-05-20, 1390/02/30

Registrant information
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Semnan Universioty of Medical Sciences
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Recruitment status
Recruitment complete
Funding source
Semnan University of Medical Sciences

Expected recruitment start date
2011-05-22, 1390/03/01
Expected recruitment end date
2011-08-21, 1390/05/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Survey of the effect of aromatherapy on accuracy of critical care nurses

Public title
Effect of aromatherapy on accuracy
Purpose
Diagnostic
Inclusion/Exclusion criteria
Inclusion criteria: Willingness to participate in research, Healthy sense of smell, lack of pulmonary disease Asthma and Allergic disease, headache, pregnancy, breast feeding, absence in two last shifts Exclusion criteria: Unwillingness to continue working, Discomfort of the essential oil smell
Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked

No information

Sample size
Target sample size: **15**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Semnan University of Medical Sciences

Street address
Nursing Faculty, Semnan University of Medical Sciences, Semnan

City
Semnan

Postal code

Approval date
2011-08-24, 1390/06/02

Ethics committee reference number
90/61053

Health conditions studied

1

Description of health condition studied
accuracy

ICD-10 code
Z00.4

ICD-10 code description
General psychiatric examination, not elsewhere classified

Primary outcomes

1

Description
accuracy rate

Timepoint
before intervention, 3 minutes after intervention, 5 minutes after intervention

Method of measurement
Counting the number of correct and incorrect choices

Secondary outcomes

empty

Intervention groups

1

Description
aromatherapy with mint, the nurse wil be exposed to mint aroma for one hour (mint container is placed in 20 cm of nose)

Category
Treatment - Drugs

2

Description
aromatherapy with lavenderther, the nurse will be exposed to lavender aroma for one hour (lavender container is placed in 20 cm of nose)

Category
Treatment - Drugs

3

Description
aromatherapy with placebo, the nurse will be exposed to placebo for one hour (placebo container is placed in 20 cm of nose)

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Fatemieh Hospital

Full name of responsible person
Maryam Valian

Street address
Fatemieh Hospital, Semnan

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Semnan University of Medical Sciences

Full name of responsible person
Dr. Ghorbani

Street address
Research Assistant, Semnan University of Medical Sciences, semnan

City
Semnan

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Semnan 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

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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