Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of Lavender and Rose Fragrance Effect on Job Stress and Sleep Quality of Nurses

Protocol summary

Summary

In this study, the effects of lavender and rose oil on job stress, quality of sleep and anxiety will be analyzed and compared.This study is a clinical trial. 120 Nurses who have a bachelor's degree and having at least one year working experience, randomly assigned to three groups and use essential A (Rose), B (lavender) or C (sesame oil) for two hours. These interventions will be applied for one month in all work shifts of participants. Job stress, quality of sleep and anxiety are measured by Toft Anderson job stress, Pittsburgh sleep quality and STAI state anxiety questionnaires.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201407176342N4**
Registration date: **2014-08-22, 1393/05/31**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-08-22, 1393/05/31

Registrant information

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Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2014-07-30, 1393/05/08

Expected recruitment end date

2014-10-22, 1393/07/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Lavender and Rose Fragrance Effect on Job Stress and Sleep Quality of Nurses

Public title

Effect of aromatherapy on job stress, quality of sleep and anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: At least a bachelor's degree in nursing; Fixed nurse in ward; Healthy Sense of Smell; Having at least one year working experience. Exclusion criteria: History of asthma and allergy to scent; Discomfort or sensitivity to smell the essence; liver or kidney problems; adverse event occurred a month before the intervention; smoking, drinking alcohol and drug consumption; employment in Intensive wards

Age

From **20 years** old to **50 years** old

Gender

Both

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
semnan university of Medical Sciences
Street address
Semnan University of Medical Sciences, Semnan
City
Semnan
Postal code
Approval date
2014-07-08, 1393/04/17
Ethics committee reference number
93/469707

Health conditions studied

1

Description of health condition studied
anxiety, quality of sleep
ICD-10 code
Z56.3
ICD-10 code description
Stressful work schedule

Primary outcomes

1

Description
job stress
Timepoint
befor intervention, two weeks later, four weeks later
Method of measurement
Gray-toft &Anderson job stress questionnaire

2

Description
quality of sleep
Timepoint
befor intervention, two weeks later, four weeks later
Method of measurement
PSQI

3

Description
anxiety
Timepoint
Before and after the first intervention, Before and after the second week, Before and after the fourth week
Method of measurement
Spielberger anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Inhalation of Lavender oil. participants will have with Lavender essence tank for two hours
Category
Prevention

2

Description
Inhaling of Rose oil. participants will have with Rose essence tank for two hours
Category
Prevention

3

Description
Inhalation of Sesame oil. participants will have with Sesame essence tank for two hours
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Fayazbakhsh and Emam Reza hospital
Full name of responsible person
Mohsen Emadi
Street address
Tehran
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Semnan University of Medical Ssciences
Full name of responsible person
Mohamad Reza Asgari
Street address
Semnan University of Medical Ssciences, 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 Ssciences
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