

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

Name

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Name of organization / entity

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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

before intervention, two weeks later, four weeks later

Method of measurement

Gray-toft & Anderson job stress questionnaire

2

Description

quality of sleep

Timepoint

before 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

Contact

Name of organization / entity

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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