Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of aromatherapy lemon on nausea and vomiting of pregnancy in pregnant women referred to health centers

Protocol summary

Summary

Objective: This study aimed to determine the effect of lemon aromatherapy is designed for nausea and vomiting of pregnancy in pregnant women. This study is an interventional study and design for the two groups (control group) with two pre-test and post-test. Community to pregnant women referred to health centers in Hamadan. Random sampling by allocation concealment with a numerical table random will be allocated to intervention and control groups. A sample is determined of 48 patients in the intervention group and 48 patients in the control group is determined.After completing the test group PUQE-24 questionnaire before the study for 4 and every day as soon as nausea and vomiting Cleaning cloth and poured two drops of lemon on Tuesday takes a deep breath and, if necessary, it is repeated five minutes later, and in the days PUQE-24 questionnaire complements. The primary outcome variable of nausea and vomiting and lemon aromatherapy is secondary outcome variables. Using descriptive and inferential statistics to compare the two groups will be discussed. SPSS20 software will be used for data analysis software.

General information

Acronym

effect Lemon aromatherapy on nausea and vomiting in pregnancy

IRCT registration information

IRCT registration number: **IRCT201605026888N15**
Registration date: **2016-07-06, 1395/04/16**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2016-07-06, 1395/04/16

Registrant information

Name
Fatemeh Shobeiri

Name of organization / entity
Hamadan Universiy of Medical Sciences

Country
Iran (Islamic Republic of)

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shobeiri@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor of Research Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-12-21, 1395/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aromatherapy lemon on nausea and vomiting of pregnancy in pregnant women referred to health centers

Public title

The effect of aromatherapy lemon on nausea and vomiting of pregnancy in pregnant women referred to health centers

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria included women ages 16 to 40 years 6

to 16 weeks gestational age; ability to read and write; singleton pregnancy by ultrasound in health records; mild to moderate nausea with or without vomiting (minimum score of 3 and a maximum score of 12, based on relevant tools); non-use of anti-nausea or vomiting within the last 24 hours, non-smoking, lack of psychological disorder or traumatic event over the last 6 months; lack of molar pregnancy and symptoms of threatened abortion and diseases such as pyelonephritis, thyroid disorders, gastrointestinal disease or any other disease with nausea and vomiting show (according to the patient and medical examination center); having phone calls, lack of problem in the olfactory system (according to patient) exclusion criteria included symptoms of allergy or intolerance to lemon during the study, not wanting to continue the study; if you use other medications during the study

Age
From **16 days** old to **31 days** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **96**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Hamadan Medical Sciences University ethics committee

Street address
Hamadan Medical Sciences University ethics committee

City
Hamedan

Postal code

Approval date
2016-04-23, 1395/02/04

Ethics committee reference number
IR.UMSHA.REC.1395.34

Health conditions studied

1

Description of health condition studied
Nausea and Vomiting

ICD-10 code
021

ICD-10 code description
Mild hyperemesis gravidarum

Primary outcomes

1

Description
nausea and vomiting

Timepoint
6-16 weeks of pregnancy

Method of measurement
PUQE-24 questionnaire.

Secondary outcomes

1

Description
Lemon aromatherapy

Timepoint
6-16 weeks of pregnancy

Method of measurement
Drops

Intervention groups

1

Description
Intervention Group:After obtaining informed consent from participants, For four days and each day as soon as nausea and vomiting by mother, two drops of lemon at a concentration of 2% of the company Barij Esans poured onto a clean tissue Three takes a deep breath and, if necessary, be repeated every five minutes and Per day once the questionnaire is completed by the cases.. Group control: For four days and each day as soon as nausea and vomiting by mother, two drops of placebo solution that is in the same container of lemon poured onto a clean tissue Three takes a deep breath and, if necessary, be repeated every five minutes.

Category
Treatment - Drugs

2

Description
Control group: After obtaining informed consent from participants, Mothers controlled group placebo(water) to be delivered within the bottle similar to the intervention group.For four days and each day as soon as nausea and vomiting by mother, Two drops of the contents of the

glass poured onto a clean tissue Three takes a deep breath and, if necessary, be repeated every five minutes and Per day once the questionnaire is completed by the control group.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center Samii 2

Full name of responsible person

Fahimeh Ezzati arasteh

Street address

Taleghani street, alley Mirzaee

City

Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology Hamedan University of Medical Sciences

Full name of responsible person

doctor Saeed Bashirian

Street address

Street Shahid Fahmideh, Hamedan University Medical Sciences, Research and Technology Deputy Hamedan

City

Hamedan

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 and Technology Hamedan 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

Hamedan Medical Sciences University

Full name of responsible person

Fatemeh Shobeiri

Position

PhD Maternal and Child Health / Associate Professor

Other areas of specialty/work

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Full name of responsible person

Fatemeh Shobeiri

Position

PhD Maternal and Child Health / Associate Professor

Other areas of specialty/work

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Person responsible for updating data

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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