Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The Comparison of Effects of Aromatherapy Massage and Aroma Inhalation on Anxiety and Pain of Burns Patients: A Single Blind Clinical Trial

Protocol summary

Summary

The purpose of this study was to compare the effects of aromatherapy massage on anxiety and pain in burns patients and Aroma Inhalation are. Samples from female patients admitted to the burns ward of the Sinai city of Tabriz, their age is between 15 to 55 years, will be selected. Samples using a random number table into three groups, aromatherapy massage, aromatherapy inhaler and control will be divided. After the patient is stabilized and obtaining consent, for Anxiety Questionnaire STAI and for pain VAS pain scale before the intervention will be completed by the research assistant. Ten minutes after the intervention groups and 40 minutes after the initial review of control group, Anxiety Questionnaire STAI and VAS scale will be completed by the research assistant.The research assistant will be unware of the study groups and purpose of study. In aromatherapy massage group, the researchers used a combination of lavender and almond oils meet the unburned parts of the body will be massaged for 30 minutes. In aromatherapy inhaler group, Patient Combination of lavender and rose essential oils will inhaled for 30 minutes. Intervention in both groups will be done only once.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201404176918N17**
Registration date: **2014-06-01, 1393/03/11**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-06-01, 1393/03/11

Registrant information

Name
Alehe Seyedrasooli
Name of organization / entity
Faculty of Nursing & Midwifery
Country
Iran (Islamic Republic of)
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Email address
seyyedrasooly@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Science

Expected recruitment start date

2014-05-22, 1393/03/01

Expected recruitment end date

2014-10-23, 1393/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison of Effects of Aromatherapy Massage and Aroma Inhalation on Anxiety and Pain of Burns Patients: A Single Blind Clinical Trial

Public title

The Comparison of Effects of Aromatherapy Massage and Aroma Inhalation on Anxiety and Pain of Burns Patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Female patients 15 to 55 years; 2nd

degree burns and burn patients below 20 percent; Anxiety scores between 20-53 Exclusion Criteria: Anti-anxiety medications and herbal remedies; Having smells disorders; Having respiratory problems and allergies; exclusion of study; Pregnant Women

Age
From **15 years** old to **55 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

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
Tabriz University of Medical Science

Street address
Central Building of Tabriz University of Medical Sciences,Golgasht Avenue, azadi street,Tabriz

City
Tabriz

Postal code

Approval date
2014-05-22, 1393/03/01

Ethics committee reference number
9290

Health conditions studied

1

Description of health condition studied
burn

ICD-10 code
T30.2

ICD-10 code description
Burn of second degree, body region unspecified

Primary outcomes

1

Description
Variable Anxiety

Timepoint
10 minutes before the intervention and Immediately after intervention

Method of measurement
By using STAI questionnaire

Secondary outcomes

1

Description
Variable Pain

Timepoint
10 minutes before the intervention and Immediately after intervention

Method of measurement
by using VAS scale

Intervention groups

1

Description
Control group: no action

Category
Prevention

2

Description
Aromatherapy massage intervention group: Massaging the healthy parts of the patient's body using a combination of lavender oil 3 drops and 15 ml almond oil for 30 minutes

Category
Prevention

3

Description
Intervention group aromatherapy inhaler: Smelling of lavender essential oil and Rose for30 min.

Category
Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center
Sina Educational Center Affiliated Tabriz university of Medical Sciences ;Iran

Full name of responsible person
Seyyedi Zahra

Street address

Azadi Street, Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Tabriz University of Medical Sciences

Full name of responsible person

Dr. Rashidi

Street address

Central Building of Tabriz University of Medical Sciences,Golgasht Avenue, azadi street,Tabriz Tabriz

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Deputy of Tabriz 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Faculty of Nursing & Midwifery of Tabriz

Full name of responsible person

Seyedrasooli Alehe

Position

MS

Other areas of specialty/work

Street address

South Shariety St ، Faculty of Nursing & Midwifery ، Tabriz ; Iran

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+98 41 1479 0365

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Web page address

Person responsible for updating data

Contact

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