# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

06 Nov 2026

## Investigating of the effect of aromatherapy with Damask Rose essence on the anxiety caused by the OSCE in anesthesia, operating room and nursing students

## Protocol summary


**Study aim**

determining the effect of aromatherapy with damask rose essence on OSCE-related anxiety in anesthesia, operating room, and nursing students of Jahrom University of Medical Sciences

**Design**

Two parallel group randomised trial، blinded، through census and random number table, on 76 students, two stages of pre-test and post-test

**Settings and conduct**

This semi-experimental study will be conducted in Jahrom University of Medical Sciences. Students will be assigned to two intervention and control groups, and the level of anxiety before and after the intervention will be determined and compared. After obtaining informed consent and completing the demographic information form, both groups will move to two separate places, and the TAS questionnaire will be completed for the first time. Then, cotton soaked with two drops of 40% damask rose essence and distilled water (placebo) will be given to the intervention and control groups, respectively to inhale. The container of distilled water and damask rose essence is the same without a specification label, and labels A (damask rose essence) and B (distilled water) will be used to distinguish them. Then, the post-test (TAS Questionnaire the second time) will be completed 5 minutes after the end of the intervention.

**Participants/Inclusion and exclusion criteria**

Willingness to participate in research and complete the consent form, desire to smell damask rose, not having: diagnosed mental illness, history of anxiety disorders, disturbance in the sense of smell, chronic migraine headaches, chronic diseases including cardiovascular disease, epilepsy, skin disease, and allergy, allergy to the smell of plants

**Intervention groups**

intervention group: aromatherapy using essence of damask rose (inhalation of two drops of 40% damask rose essence ) control group: placebo (inhalation of two drops of distilled water)

**Main outcome variables**

anxiety


## General information

**Reason for update**

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT20210502051161N2**
Registration date: **2024-02-04, 1402/11/15**
Registration timing: **prospective**

Last update: **2024-02-04, 1402/11/15**
Update count: **0**

**Registration date**

2024-02-04, 1402/11/15

**Registrant information**


**Name**

Hamidreza Nejati

**Name of organization / entity**

**Country**

Iran (Islamic Republic of)

**Phone**

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**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

**Expected recruitment start date**

2024-05-25, 1403/03/05

**Expected recruitment end date**

2024-07-05, 1403/04/15

**Actual recruitment start date**
empty
**Actual recruitment end date**
empty
**Trial completion date**
empty

**Scientific title**
Investigating of the effect of aromatherapy with Damask Rose essence on the anxiety caused by the OSCE in anesthesia, operating room and nursing students

**Public title**
investigating the effect of aromatherapy with Damask Rose essence on students' anxiety caused by the OSCE test
**Purpose**
Supportive
**Inclusion/Exclusion criteria**
**Inclusion criteria:**
Not having a diagnosed mental illness Not having a history of anxiety disorders Absence of disturbance in the sense of smell Absence of chronic migraine headaches Absence of underlying diseases including cardiovascular disease, epilepsy, skin disease and allergy No history of allergy to the smell of plants Willingness to participate in research and complete written informed consent to participate in the study The desire to smell the smell of roses
**Exclusion criteria:**
Leaving the exam site for any reason during the study intervention Lack of motivation of the research unit to continue cooperation Taking drugs that affect anxiety Use of perfume Incomplete completion of questionnaires Students with underlying diseases/asthma or seasonal allergies
**Age**
No age limit
**Gender**
Both

**Phase**
N/A
**Groups that have been masked**

- Participant
- Care provider
- Data analyser

**Sample size**
Target sample size: **76**
**Randomization (investigator's opinion)**
Randomized
**Randomization description**
The sampling method in this research was simple with random allocation, in which based on the list of operating room, anesthesia and nursing students using a table of random numbers, the first selected number from the class list of students was placed in the test group and so on. The second number was placed in the control group. Allocation of samples in two groups continued until the number of samples was completed
**Blinding (investigator's opinion)**
Double blinded
**Blinding description**
The students of the test and control groups are placed in two separate places. In the test group, two drops of 40% rose essence are poured on cotton and given to the test group. For students in the control group, two drops of distilled water will be poured on the cotton as a placebo and will be provided to them. The bottle containing distilled water and rose essence will be of the same shape and none of them will have a specification label and will be marked with labels A (Damask rose essence) and B (distilled water) to distinguish them. Then the students are asked to inhale it from a distance of 5 cm for 10 minutes. In order to carry out this intervention and control the duration of inhalation, two people will be present in the room as observers, so that the observers after Delivery of cotton soaked with essential oil or distilled water to the students, they are informed that they will start inhalation and they will monitor the students using a timer for ten minutes. After ten minutes, the supervisors ask the students to stop inhalation and put the inhaled cotton balls in the bags placed on the chair handle. The intervention will be done before the start of the Asci test during the pre-test quarantine. And it is done first on the control group and then on the students of the test
**Placebo**
Used
**Assignment**
Parallel
**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**
**Name of ethics committee**
Ethics committee of Jahrom University of Medical Sciences
**Street address**
Ostad Motahari Blvd., after Nursing Faculty, Jahrom University of Medical Sciences, Pardis site
**City**
Jahrom
**Province**
Fars
**Postal code**
7414846199
**Approval date**
2023-06-13, 1402/03/23
**Ethics committee reference number**
IR.JUMS.REC.1402.021

## Health conditions studied

### 1

**Description of health condition studied**

anxiety

**ICD-10 code**

F06.4

**ICD-10 code description**

Anxiety disorder due to known physiological condition

## Primary outcomes

### 1

**Description**

The score obtained from the TAS questionnaire

**Timepoint**

Immediately before and five minutes after aromatherapy

**Method of measurement**

TAS questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**

Intervention group: Before the intervention, the students of the test group are asked to answer Sarason's test anxiety questionnaire. In the test group, two drops of 40% rosehip essence, belonging to Barij Essan Company of Kashan, are poured on the cotton and given to the test group. Then the students are asked to smell it from a distance of 5 cm for 10 minutes. In order to carry out this intervention and control the duration of inhalation, two people will be present in the room as observers, in such a way that the observers after delivery Cottons soaked with essence are given to the students, they are informed that they will start inhalation and they will monitor the students using a timer for ten minutes. After ten minutes, the supervisors ask the students to stop inhalation and put the inhaled cotton balls in the bags placed on the chair handle. The intervention before the start of the Ascii test will be done during the pre-test quarantine. Then the test (Sarason Anxiety Questionnaire for the second time) will be completed 5 minutes after the end of the intervention, with the announcement of the supervisors.

**Category**

Other

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**

Jahrom University of Medical Sciences

**Full name of responsible person**

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## Sponsors / Funding sources

### 1

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**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Jahrom University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

Academic

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Jahrom University of Medical Sciences

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Hamidreza Nejati
**Position**
surgical Technologist
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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
Undecided - It is not yet known if there will be a plan to make this available
**Study Protocol**
Undecided - It is not yet known if there will be a plan to make this available
**Statistical Analysis Plan**
Undecided - It is not yet known if there will be a plan to make this available
**Informed Consent Form**
Undecided - It is not yet known if there will be a plan to make this available
**Clinical Study Report**
Undecided - It is not yet known if there will be a plan to make this available
**Analytic Code**
Undecided - It is not yet known if there will be a plan to make this available
**Data Dictionary**
Undecided - It is not yet known if there will be a plan to make this available