

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

Comparison of Citrus Aurantium Aroma and Acupressure on sleep quality in patients undergoing percutaneous coronary intervention (PCI)

Protocol summary

Summary

This study aimed to compare Citrus Aurantium Aroma and Acupressure on sleep quality in patients undergoing percutaneous coronary intervention (PCI). In this controlled randomized clinical trial, a sample of 75 patients under PCI in the heart unit of the Fatemeh Al Zahra hospital in Sari will select by convenience sampling and randomly divided into five groups (Aromatherapy, Placebo of aroma, acupressure, placebo of acupressure and control). Inclusion Criteria: Diagnosis of acute myocardial infarction or angina pectoris requiring PCI; Non-use of herbal medicines in the past two weeks; Not having a history of sleep disorders in a recent month; No- narcotic drug use; no scars at the Shenmen point; Non-use sleep medication during the past month; no history of acupressure; lack of olfactory impairment; patients who are first placed under PCI. Exclusion Criteria: Patient's unwillingness to cooperate or death; History of respiratory disorders or allergies to plants; Carpal tunnel syndrome; BMI > 35. The night before the coronary intervention, the demographic information and Spielberger's anxiety questionnaire will be completed by the patients. Patients will be treated with random blocks in one of the test, placebo, or control groups, and aromatherapy and acupressure interventions will be performed at 10 o'clock in the afternoon for 10 hours, and the next morning, the sleep quality of the patient last night using the SMHSQ will be completed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201707248665N6**

Registration date: **2017-08-14, 1396/05/23**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-08-14, 1396/05/23

Registrant information

Name

Hassan Babamohamadi

Name of organization / entity

Semnan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3365 4190

Email address

babamohamadi@sem-ums.ac.ir

Recruitment status

Recruitment complete

Funding source

Semnan University of Medical Sciences

Expected recruitment start date

2017-08-23, 1396/06/01

Expected recruitment end date

2018-03-21, 1397/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Citrus Aurantium Aroma and Acupressure on sleep quality in patients undergoing percutaneous coronary intervention (PCI)

Public title

Comparison of Citrus Aurantium Aroma and Acupressure on sleep quality in patients undergoing percutaneous coronary intervention (PCI)

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: Age range 40-75 years; Diagnosis of acute myocardial infarction or angina pectoris requiring PCI; Non-use of herbal medicines in the past two weeks; Not having a history of sleep disorders in a recent month; No- narcotic drug use; no scars at the Shenmen point; Non-use sleep medication during the past month; no history of acupuncture; lack of olfactory impairment; patients who are first placed under PCI. Exclusion Criteria: Patient's unwillingness to cooperate or death; History of respiratory disorders or allergies to plants; Carpal tunnel syndrome; BMI > 35.

Age

From **40 years** old to **75 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **75**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not 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

Vice Chancellor of Research and Technology, Semnan University of Medical Sciences, Basidj Blv, Semnan, Iran

City

Semnan

Postal code

3519899951

Approval date

2017-07-12, 1396/04/21

Ethics committee reference number

IR.SEMUMS.REC.1396.64

Health conditions studied

1

Description of health condition studied

Heart disease

ICD-10 code

I20-I25

ICD-10 code description

Ischemic Heart Disease

Primary outcomes

1

Description

Sleep Quality

Timepoint

At the end of study

Method of measurement

St Marry's Hospital Sleep questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In the first group (Citrus Aurantium Aroma) after getting informed consent, they will complete demographic and spielberger questionnaires at 10 o'clock. Cotton is stained with 2 drops of Citrus Aurantium put in front of the patient's nose and patients are asked to do 2-3 deep breathing. The cotton ball is then attached to patient's shirt using a pin and until 8am. Then the cotton bullet will be separated from the patient's clothing and will be discarded, and the sleep quality of the night will be checked by using SMHSQ.

Category

Other

2

Description

In the second group (placebo aroma) after getting informed consent, they will complete demographic and Spielberger questionnaire at 10 o'clock. Cotton is stained with 2 drops of sunflower oil put in front of the patient's nose and patients are asked to do 2-3 deep breathing. The cotton ball is then attached to patient's shirt using a pin and until 8am. Then the cotton bullet will be separated from the patient's clothing and will be discarded, and the sleep quality of the night will be checked by using SMHSQ.

Category

Other

3

Description

In the third group (Accupressure) after getting informed consent, they will complete demographic and spielberger questionnaires at 10 o'clock. The wristband, which has a metal button with a diameter of 0.7 cm, is closed for 1 night on both the right and left wrists of the patient so that the metal button is placed on the point of intervention (Shenmen). The pressure is applied to a patient who does not feel the pain and discomfort of the wrist strap. The sleep quality of the night will be checked by using SMHSQ.

Category

Other

4

Description

In the fourth group (Placebo of accupressure) after getting informed consent, they will complete demographic and spielberger questionnaires at 10 o'clock. The wristband on both the right and left wrists of the patient will be closed so that the metal button is located 1-1/5 cm from the point of Shenmen (false point). The seaband is closed on the wrists for 1 night. The sleep quality of the night will be checked by using SMHSQ.

Category

Other

5

Description

In the fifth group (Control) after getting informed consent in control group, they will complete demographic and spielberger questionnaires at 10 o'clock. they will receive only routine nursing care. The sleep quality of the night will be checked by using SMHSQ.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemeh Al Zahra Hospital, Sari

Full name of responsible person

Street address

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Dr Ali Rashidypour

Street address

Vice Chancellor of Research and Technology, Semnan University of Medical Sciences, Basidj Blv, Semnan, Iran

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 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

Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

Position

Associate Professor

Other areas of specialty/work

Street address

5 Kilometers of Damghan Road, Nursing Faculty, Semnan University of Medical Sciences, Semnan, Iran

City

Semnan

Postal code

3513138111

Phone

+98 23 3365 4190

Fax

+98 23 3365 4299

Email

babamohamadi@semums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

Position

Associate Professor

Other areas of specialty/work

Street address

5 Kilometers of Damghan Road, Nursing Faculty,

Semnan University of Medical Sciences, Semnan, Iran

City

Semnan

Postal code

3513138111

Phone

+98 23 3365 4190

Fax

+98 23 3365 4299

Email

babamohamadi@semums.ac.ir

Web page address

Semnan

Postal code

3513138111

Phone

+98 23 3365 4190

Fax

+98 23 3365 4299

Email

babamohamadi@semums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Semnan University of Medical Sciences

Full name of responsible person

Hassan Babamohamadi

Position

Associate Professor

Other areas of specialty/work

Street address

5 Kilometers of Damghan Road, Nursing Faculty,
Semnan University of Medical Sciences, Semnan, Iran

City

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