Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of breath technique and aromatherapy by essence of Lavender on labor pain

Protocol summary

Summary

This study is a randomized single blind clinical trial carried out in order to estimate the effect of breath technique and aromatherapy by essence of lavender on labor pain in an educational hospital of Shahrood. Subjects were primiparous pregnant women, without acute or chronic disease or allergy with singleton fetus and candidate for vaginal delivery. 240 women (60 in each group) were allocated into 4 groups based on blocks randomization method: breathe technique with essence of lavender conducted by nebulizer, only breath technique, essence of lavender conducted by nebulizer, water conducted by nebulizer for control group of Lavender. Breathing technique was educated to women before starting active phase (4 centimeters dilatation). Lavender 1.5% and usual water were used. Pain was measured by visual analog scale in dilatations 4-6, 6-8 and 8-10 centimeter, one time in each dilatation category. Participants were excluded if they showed allergy to Lavender or were candidate of caesarean section.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138804031557N2**
Registration date: **2009-07-21, 1388/04/30**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2009-07-21, 1388/04/30

Registrant information

Name

Katayon Vakilian

Name of organization / entity

Arak University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3502

Email address

k_vakili@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrood University of Medical Sciences and Health Services

Expected recruitment start date

2009-01-30, 1387/11/11

Expected recruitment end date

2010-01-30, 1388/11/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of breath technique and aromatherapy by essence of Lavender on labor pain

Public title

The effect of breath technique and aromatherapy by essence of Lavender on labor pain

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: Primiparous pregnancy, lack of, allergy, singelton fetus, candidate for vaginal delivery
Exclusion Criteria: Any acute or chronic disease, hypersensitivity to Lavender, candidate for caesarean section due to maternal and fetal indication

Age
From **15 years** old to **45 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **240**
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
Shahrood University of Medical Sciences and Health Services
Street address
Shahrood University of Medical Sciences and Health Services
City
Shahrood
Postal code
Approval date
empty
Ethics committee reference number
8702

Health conditions studied

1

Description of health condition studied
labor pain
ICD-10 code
O75.0
ICD-10 code description
Maternal distress during labour and delivery

Primary outcomes

1

Description
pain
Timepoint
during cervix dilatations of 4-6, 6-8 ,8-10 centimeter, one time in each period
Method of measurement
Visual Analog Scale

Secondary outcomes

1

Description
Duration of the first phase of labor
Timepoint
From hospitalization to full dilatation
Method of measurement
labor time in hour

Intervention groups

1

Description
essential oil of lavender(1.5%) with breath technique via nebulizer during conteractions active phase labor
Category
Treatment - Drugs

2

Description
breath technique group during conteractions active phase labor
Category
Treatment - Devices

3

Description
Essential oil of Lavender via nebulizer during contractions of active phase labor
Category
Treatment - Drugs

4

Description
water via nebulizer during contractions of active phase labor
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Fatemieh Hospital, Shahrood University of Medical Sciences and Health Services
Full name of responsible person
Street address

Shahrood University of Medical Sciences and Health Services, Hafte tir Square,

City

Shahrood

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrood University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Street address

Shahrood University of Medical Sciences and Health Services, Hafte tir Square

City

Shahrood

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahrood University of Medical Sciences and Health Services

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

Shahrood University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Position

Faculty member/ Midwifery Msc

Other areas of specialty/work

Street address

Shahrood University of Medical Sciences and Health Services, Hafte tir Square

City

Shahrood

Postal code

Phone

+98 21 2285 3567

Fax

Email

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Mesical Science and Health Servise of Shahrood University

Full name of responsible person

Katayon Vakilian

Position

Faculty member / Midwifery Msc

Other areas of specialty/work

Street address

Hafte tir Squer -Mesical Science and Health shahrood University

City

Shahrood

Postal code

Phone

+98 21 2285 3567

Fax

Email

k_vakili@arakmu.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Shahrood University of Medical Sciences and Health Services

Full name of responsible person

Katayon Vakilian

Position

Faculty member/ midwifery Msc/ Ph.D student in reproductive health

Other areas of specialty/work

Street address

City

Postal code

Phone

Fax

Email

Web page address

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