

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 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)

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+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, singleton 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 contractions active phase labor

Category

Treatment - Drugs

2**Description**

breath technique group during contractions 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

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Other areas of specialty/work

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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