Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Essence of Lavender in Anxiety Test in female student in Medical science of Arak University

Protocol summary

Summary

This study will be conducted on 186 students of in Arak University of Medical Sciences. Sampling methods is convenient in the girl's dormitory. After approval of ethics committee and obtaining written consent from the students, they are assessed by anxiety test one week before the intervention. If anxiety is proven, they randomly assigned in intervention or control groups. In case group Aromatherapy will be performed with essence of lavender .Samples will inhale 5-6 drops of lavender essential oil concentration of 10% .So that a box with some cotton dipped in essence place at a distance of 70-10 cm and it is inhaled during sleep for five minutes (once per night) . Intervention, one week before the test started and after that anxiety once will assess after 7 night following inhalation . In the control group does not perform such an intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201105101557N4**
Registration date: **2011-06-25, 1390/04/04**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2011-06-25, 1390/04/04

Registrant information

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Katayon Vakilian
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Arak University of Medical Sciences and Health Services
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Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2012-01-19, 1390/10/29

Expected recruitment end date

2013-01-18, 1391/10/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Essence of Lavender in Anxiety Test in female student in Medical science of Arak University

Public title

The effect of Essence of Lavender in Anxiety Test in female student in Medical science of Arak University

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Unmarried, female students, residential in dormitory and associate and bachelor's degree; no history of mental illness and depression, acute stress (such as crises such as lost relatives and close friends ..), lack of family problems like divorce, which requires having anxiety with medical treatment at least three months before study and not having the test at the time of acute disease such as influenza and chronic diseases (diabetes ..) Exclusion Criteria: Being roommate of two study participants.

Age
From **18 years** old to **30 years** old
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **186**
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
Medical Sience and Health Service of Arak University
Street address
Medical Sience and Health Service of Arak University-Pardis-Arak
City
Arak
Postal code
Approval date
2010-08-20, 1389/05/29
Ethics committee reference number
90-105-4

Health conditions studied

1

Description of health condition studied
Anxiety
ICD-10 code
F41.9
ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Anxiety
Timepoint
At first assess before inhalation, after that evalute 7 night after inhalation
Method of measurement
Anxiety Test Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Case group: inhalation of lavender essence % 10 concentrate every night for 7 night for 5 minute.
Category
Treatment - Drugs

2

Description
Control group: Without any intervention
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Medical Science and Health Service of Arak University
Full name of responsible person
Street address
City
Arak

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Medical science and Health service OF Arak University-Pardis-Sardasht,Arak
Full name of responsible person
Changiz Ashtiyan
Street address
Medical science and Health service OF Arak University-Pardis-Sardasht,Arak
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Medical science and Health service OF Arak University-Pardis-Sardasht,Arak

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
Medical science and Health Service Of Arak University
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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