

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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

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

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 Science and Health Service of Arak University

Street address

Medical Science 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 evaluate 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 Ashtiyani

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*

University-Pardis -Sardasht Arak

City

Arak

Postal code**Phone**

+98 86 1417 3502

Fax

+98 86 1417 3524

Email

Cattyv2002@yahoo.com

Web page address**Person responsible for updating data****Person responsible for general inquiries****Contact****Name of organization / entity**

Medical science and Health Service Of Arak University

Full name of responsible person

Katayon Vakilian

Position

Faculty Member

Other areas of specialty/work**Street address**

Medical science and Health Service Of Arak

University-Pardis-Sardasht Arak

City

Arak

Postal code**Phone**

+98 86 1417 3502

Fax

+98 86 1417 3524

Email

cattyv2002@yahoo.com

Web page address**Contact****Name of organization / entity**

Medical Science and Health Service Of Arak University

Full name of responsible person

Katayon Vakilian

Position

Faculty Member

Other areas of specialty/work**Street address**

Medical Science and Health Service Of Arak

University-Pardis -Sardasht-Arak

City

Arak

Postal code**Phone**

+98 86 1417 3502

Fax**Email**

cattyv2002@yahoo.com

Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Medical science and Health Service Of Arak University

Full name of responsible person

Katayon Vakilian

Position

Faculty Member

Other areas of specialty/work**Street address**

Medical science and Health Service Of Arak

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*