Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of essential oil of lavender (L. Lavandula officinalis) on preoperative anxiety in patients with curettage

Protocol summary

Summary

According to some studies lavender scent improves mood and reduces stress and anxiety. The purpose of this study is to investigate the effect of lavender scent on anxiety status in women before D&C in an Educational Center affiliated to Gorgan Medical Sciences University in Golestan. This is a single blind clinical trial in which 112 women will be stratified randomly into two groups, each including 56 people, case group (N=56) and control group (N=56). The case group smells lavender essential oil for 1 hour before operation. In both groups anxiety changes will be determined before and after aromatherapy by Spielberger twenty-question questionnaire. Inclusion criteria include not to be emergent case and having the smelling ability and exclusion criteria include allergy to perfumes or any other sensitivity, chronic respiratory disease and underlying diseases.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012102510340N8**
Registration date: **2013-02-21, 1391/12/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-02-21, 1391/12/03

Registrant information

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Name of organization / entity
Golestan University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Golestan university of medical sciences

Expected recruitment start date

2010-03-11, 1388/12/20

Expected recruitment end date

2011-07-14, 1390/04/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of essential oil of lavender (L. Lavandula officinalis) on preoperative anxiety in patients with curettage

Public title

The effect of Lavender on stress

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Lack of emergency; having completed pregnancy and having enough power to smell the scent.
Exclusion criteria: being allergic to perfumes or any other sensitivity; chronic respiratory disease; underlying diseases.

Age

From **18 years** old to **30 years** old

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **98**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Golestan university of medical sciences

Street address

Golestan university of medical science, Gorgan

City

Gorgan

Postal code

Approval date

2010-01-09, 1388/10/19

Ethics committee reference number

01388.010.019

Health conditions studied

1

Description of health condition studied

anxiety

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

anxiety

Timepoint

before surgery

Method of measurement

Spielberger questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention: 40 mg Lavender essential oil 100% which will be smelled for 1 hour before operation.

Category

Treatment - Drugs

2

Description

Control: 2cc Distilled water and a small amount of lemon juice with a concentration of 1% which will be smelled for 1 hour before operation.

Category

Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center

Dezyani hospital

Full name of responsible person

Street address

City

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Golestan university of medical sciences

Full name of responsible person

Mohamad Ali Vakili

Street address

Third floor, Golestan university of medical sciences, , Gorgan

City

Gorgan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Golestan 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
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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