Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

The effects of aromatherapy with Citrus aurantium on sleep quality of hemodialysis patients

Protocol summary

Summary

The presents study aimed to investigate The effect citrus aurantium on sleep quality hemodialysis patients. It is a clinical study and is not blinded. Inclusion Criteria: Having Consent form; Taking 5 points from Pittsburgh Sleep Quality Index ; Having experience of at least 6 month dialysis . exclusion Criteria:No tendency to continue the study; having reaction to citrus aurantium consumption. The Sample are 60 dialysis patients referring to Imam reza hospital. The intervention group(30 members) will take 3 drops of citrus aurantium with the concentration of10% every night by 3 deep breath for 4 weeks. Control group was monitored during the study and will do routine activities without any intervention. 4 weeks after the start of study the Pittsburgh Sleep Quality Index will be completed again

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2013052213423N1**
Registration date: **2015-08-31, 1394/06/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-08-31, 1394/06/09

Registrant information

Name

Seyed-Mousa mahdizadeh

Name of organization / entity

Faculty of nursing&midwifery mashhad university of medical scienceses

Country

Iran (Islamic Republic of)

Phone

+98 51 3859 1511

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mahdizadehm@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor For Research Mashhad University of Medical Sciences

Expected recruitment start date

2014-12-22, 1393/10/01

Expected recruitment end date

2015-02-09, 1393/11/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of aromatherapy with Citrus aurantium on sleep quality of hemodialysis patients

Public title

The effect Citrus aurantium on sleep quality hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: Age between 18 to 60; Having Consent form; Taking 5 points from Pittsburgh Sleep Quality Index (PSQI); Having experience of at least 6 months dialysis ; Having full awakeness and audio visual ability for learning of citrus aurantium consumption. exclusion Criteria:No tendency to continue the study; having reaction to citrus aurantium consumption; Having renal transplant; Moving to other place or hospital or dying of patient.

Age
From **18 years** old to **60 years** old
Gender
Both

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Not 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
Ethics Committee of Mashhad University of Medical Sciences
Street address
University Ave Mshhad
City
Mashhad
Postal code
9137913199
Approval date
2014-10-23, 1393/08/01
Ethics committee reference number
930052

Health conditions studied

1

Description of health condition studied
End stage renal failure
ICD-10 code
n18.5
ICD-10 code description
Chronic kidney disease, stage 5

Primary outcomes

1

Description
Sleep quality
Timepoint
Before the intervention, and one month after intervention
Method of measurement
Pittsburgh Sleep Quality Index

Secondary outcomes

1

Description
-
Timepoint
-
Method of measurement
-

Intervention groups

1

Description
The intervention group: The intervention group(30 members) will take 3 drops of Citrus aurantium with the concentration of10% every night by 3 deep breath for 4 weeks
Category
Other

2

Description
Control group: Pittsburgh Sleep Quality Index will be completed at the beginning, and 4th week. No intervention for the control group
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Imam Reza (AS)
Full name of responsible person
Hadi Rouhi
Street address
University Avenue, Avenue Ebn-e Sina, Imam Reza hospital
City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor For Research Mashhad University of Medical Sciences
Full name of responsible person
Dr Mohsen Tafaghodi
Street address
Building Qureshi , Mashhad
City
Mashhad
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor For Research Mashhad 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
Name of organization / entity
Mashhad University of Medical Sciences
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Position
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Person responsible for updating data

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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