Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Effect of Rose water(Rosa damascene) Aroma on anxiety of hemodialysis patients

Protocol summary

Summary

The main treatment of CRF patients is hemodialysis which can cause numerous psychosocial problems for them. Anxiety is the most common problem of these patients today. This is randomized clinical trial. The aim of the current study is to assess the effect of Rose water aroma on anxiety of hemodialysis patients. This study is done on 50 hemodialysis patients in Vali Asr hospital in Birjand, Iran who have inclusion criteria. 50 patients will be randomly divided into 2 groups (intervention group & control group). Inclusion criteria: at least 2 time hemodialysis weekly; at least 6 months hemodialysis background; having no acute stressor in 6 months later and no anti anxiety drug use and no breath and smell problems. Exclusion criteria: by each reason that can cause patient miss to join in survey (kidney transplant, coma, death ...), consent to continue study. Intervention group will breathe 3 gtt Rose- water before sleep every night and before hemodialysis time for 4 weeks and in the control group will be no intervention. Shpilburger standard instrument will be use to evaluate intervention and control groups anxiety at the end of second and fourth Weeks. The gathered data will be analyzed by spss software in significant level of $p<0.05$.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013052613476N1**
Registration date: **2013-08-12, 1392/05/21**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-08-12, 1392/05/21

Registrant information

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Farzaneh Barati
Name of organization / entity
Birjand University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Birjand University of Medical Sciences

Expected recruitment start date

2013-06-10, 1392/03/20

Expected recruitment end date

2013-06-17, 1392/03/27

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Rose water(Rosa damascene) Aroma on anxiety of hemodialysis patients

Public title

Effect of Rose water Aroma on anxiety of hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: at least 2 time hemodialysis weekly; at least 6 months hemodialysis background; having no acute stressor in 6 months later and no anti anxiety drug use and no breath and smell problems. Exclusion

criteria:by each reason that can cause patient miss to join in survay (kidney transplant , coma ,death ...) , consent to continue study.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

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
Birjand University of Medical Sciences

Street address
South Khorasan, Birjand,Ghaffari St, Birjand University of Medical Sciences

City
birjand

Postal code
379-97175

Approval date
2013-05-05, 1392/02/15

Ethics committee reference number
92-02-02

Health conditions studied

1

Description of health condition studied
Anxiety

ICD-10 code
F41.1

ICD-10 code description
Generalized anxiety disorder

Primary outcomes

1

Description
Anxiety

Timepoint
Before intervention, end of the second week and at the end of the fourth week

Method of measurement
Spilberger questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group will breath 3 gtt Rose- water before night sleep and before hemodialysis for 4 week. In the control group will be no intervention

Category
Treatment - Drugs

2

Description
Control group: in the control group will be no intervention.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Valiasr hospital

Full name of responsible person

Street address
Ghaffari st

City
Birjand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Birjand University of Medical Sciences

Full name of responsible person
Gholamreza Sharifzadeh

Street address
Ghaffari st

City
Birjand

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Birjand 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

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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