Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

Comparing effectiveness of Damask rose and lavender scent on severity of pain and anxiety after Cesarean section, through women.

Protocol summary

Summary

Purpose of the study is to discuss the effect of aromatherapy on severity of pain and anxiety after cesarean section. This measurement would be done last to 48 hours after surgery by Spielberg-er standard questionnaire and visual analogue scale. Scent consumed in intervention group was Damask rose and Lavender aroma. Studied population are all women who referred to Motaharie hospital in Jahrom, being operated by cesarean method that achieve participation minimal. Sample size estimation is 90 person. Before surgery, patients divided into three groups by simple random allocation: 1) Instance 2) Intervention(with Lavender) 3) Intervention(with Damask rose) At first group, after admitting patient into maternity ward, anxiety and pain level will be recorded without any further proceedings. At second group, after admission, researcher would dipped cotton with lavender aroma and attach it to patient clothing. At third group, researcher would dipped cotton with damask rose aroma and attach it to patient clothing as well. Then their level of anxiety and pain will be recorded. After surgery and further entry to the ward, necessary interventions would be done beside pain and anxiety measurements every 30 minutes for duration of six hours. Patients suffering from chronic and cancer pains, psycho-social problems and those who are allergic to mentioned flavors will be excluded. All patients should be consciously involved in the study. It is expected that interventions cause anxiety and pain relief, beside satisfaction increase, from this non-pharmacological pain control method.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092814049N7**
Registration date: **2017-11-18, 1396/08/27**
Registration timing: **registered_while_recruiting**
Last update:
Update count: **0**

Registration date

2017-11-18, 1396/08/27

Registrant information

Name
Ali Abbasi Jahromi
Name of organization / entity
Jahrom University of Medical Sciences
Country
Iran (Islamic Republic of)
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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Jahrom University of Medical Sciences

Expected recruitment start date

2017-10-12, 1396/07/20

Expected recruitment end date

2018-03-11, 1396/12/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing effectiveness of Damask rose and lavender scent on severity of pain and anxiety after Cesarean section, through women.

Public title

Post-surgery effect of aromatherapy on pain and anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: All patients who are about to undergo crusher surgery through the skin in Motahari Hospital affiliated with Jahrom University of Medical Sciences and spinal anesthesia can be done for them. Informed consent to participate in this study is among the main inclusion criteria. Exclusion criteria: Sensitivity to roses and Lavender; education lower that primary; developing chronic and cancerous pain; hearing or speech loss; lack of mental health; chronic use of drugs and sedatives; Unstable hemodynamic status; expressed dissatisfaction to continue research.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **90**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Double blind method has been used in this study so that the 1- The volunteer and 2- The person who records pain and anxiety are not aware of measurement methods in intervention and control group.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethic Committee of Jahrom University of Medical Sciences

Street address

School of Nursing and Midwifery, Motahhari Blvd, Jahrom

City

Jahrom

Postal code

Approval date

2017-09-20, 1396/06/29

Ethics committee reference number

JUMS.REC.1396.056

Health conditions studied

1

Description of health condition studied

Severity of pain after Aroma Therapy

ICD-10 code

R52.0

ICD-10 code description

Acute pain

2

Description of health condition studied

The level of anxiety after Aroma Therapy

ICD-10 code

F48.8

ICD-10 code description

Other specified neurotic disorders

Primary outcomes

1

Description

Pain in the Abdomen and Pelvis

Timepoint

Every 6 hours after surgery With in 24 hours(1 days)

Method of measurement

On base of VAS

2

Description

Vital signs

Timepoint

after surgery

Method of measurement

Monitoring Blood pressure, Heart Rate, Temperature, Breathing

Secondary outcomes

1

Description

Anxiety

Timepoint

Every 4 hours after intervention With in 24 hours(1 day)

Method of measurement

Spielberger questionnaire

Intervention groups

1

Description

After admitting patient into maternity ward, anxiety and pain level will be recorded without any further proceedings.

Category

N/A

2

Description
At firs intervened group, three drops of aromatherapy combination consist of lavender essence would be dipped on cotton; then the patient would be asked to smell it from 10 centimeters far for duration of 30 minutes.

Category
N/A

3

Description
At second intervened group, three drops of aromatherapy combination consist of damask rose essence would be dipped on cotton; then the patient would be asked to smell it from 10 centimeters far for duration of 30 minutes.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Motahhari Hospital

Full name of responsible person
Vahid Zarean

Street address
Motahhari Blvd, Jahrom Jahrom Fars

City
Jahrom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Jahrom University of Medical Sciences

Full name of responsible person
Solh Ju Kavos

Street address
Vice chancellor for research, Jahrom University of Medical Sciences, Motahhari Blvd, Jahrom

City
Jahrom

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, Jahrom 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
Jahrom University of Medical Sciences

Full name of responsible person
Vahid Zarean

Position
Anesthesia Undergraduate Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Position
Faculty member

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

Vahid Zarean

Position

Anesthesia Undergraduate Student

Other areas of specialty/work

Street address

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Postal code

Phone

00

Fax

Email

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