Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Protocol summary

Summary

The aim of this study was to investigate The effect of aromatherapy on level of Exam anxiety among nursing students in Alborz university of medical sciences. This is a Triple blind clinical trial on 100 nursing students of Alborz university of medical sciences. Students who met the inclusion criteria and completed the written informed consent were assigned randomly (Using random number table) into the group A and group B. Then, the students were asked to place the Bottle of aroma (lavender or sterile water) at a distance of 5 cm of nose and inhale for 10 minutes. Half of bottles full filled by 5 drops of lavender essential oil and half of them fulfilled by 5 drops of sterile water and labeled as A or B and was blind for subjects, researchers and analyzer. Vital signs and Spielberger State–Trait Anxiety Inventory were measured and recorded at baseline and 5 minutes after intervention and after exam in to distinct classes for group A and group B. after analysis, content of each bottle was disclosed

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013082114423N1**
Registration date: **2013-09-17, 1392/06/26**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2013-09-17, 1392/06/26

Registrant information

Name

Sahar Khoshkesht

Name of organization / entity

Alborz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 26343360079

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Recruitment status

Recruitment complete

Funding source

Alborz University of Medical Sciences

Expected recruitment start date

2014-01-13, 1392/10/23

Expected recruitment end date

2014-02-12, 1392/11/23

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Public title

The effect of aromatherapy on level of Exame anxiety among nursing students in Alborz university of medical sciences

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: No history of smelling disorder that would interfere with the sense of aroma; No history of seasonal allergies to the blooming of trees and flowers in the spring; No familiarity or use of aromatherapy; No history of active symptomatic diseases (Cardiac disease, Respiratory disease, Epileptic seizure, Skin disorder and

Allergy); No history of mental disorder and use of drugs; No history of use of stress reduction methods such as Relaxation, Music therapy, ...before exam; No history of acute anxiety such as family death, change of affective relationship... at least one months before and within the study Exclusion Criteria: having bad Sense within aromatherapy

Age
From **18 years** old to **35 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **100**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Triple blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Alborz University of Medical Science

Street address
Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

City
Karaj

Postal code
561-31452

Approval date
2013-09-04, 1392/06/13

Ethics committee reference number
2250662

Health conditions studied

1

Description of health condition studied
Exame anxiety

ICD-10 code
F41.9

ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Anxiety

Timepoint
Pre and 5 minute after intervention and after exam

Method of measurement
Spielberger's State Anxiety Inventory

Secondary outcomes

1

Description
Vital Sign

Timepoint
Pre and 5 minute after intevention and after exam

Method of measurement
Blood pressure measure with cuff, Radial puls and Respiration measure with watch

Intervention groups

1

Description
Intervention group place the bottle of aroma (5 drops of lavender essential oil) at a distance of 5 cm of nose and inhale for 10 minutes. Allocation of intervention or control group was not recognized for subjects and researchers until complete analysis of data

Category
Other

2

Description
control group place the bottle of aroma (5 drops of sterile water) at a distance of 5 cm of nose and inhale for 10 minutes. Allocation of intervention or control group was not recognized for subjects and researchers until complete analysis of data

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Alborz University of Medical Sciences

Full name of responsible person
Sahar Khoshkesht

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Department of Nursing., Alborz University of Medical Science., Eshteraki St., Baghestan Blv

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Karaj

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Alborz University of Medical Science
Full name of responsible person
Dr. Korosh Kabir
Street address
Research & Technology Office., Alborz University of Medical Science., Yasamin St., Poneh St., - Golshahr Blv.,
City
Karaj
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Alborz University of Medical Science
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
Alborz University of Medical Sciences
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BS, MSc, Faculty member of Nursing and Midwifery
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Person responsible for updating data

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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