Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of inhalation aromatherapy on anxiety level of the patient before coronary artery bypass graft surgery.

Protocol summary

Summary

This study compared the effects of lavendula essence inhalation on the level of anxiety in coronary artery bypass graft surgery patients. Inclusion criteria included people over 18 years old; more than 20 anxiety score on Spielberger questionnaire; lack of drug addiction; no history of allergies to plants; non-psychiatric and anti-anxiety drugs and the patient's desire to withdraw from the study is the exclusion criterion. The study populations are 64 patients candidate for coronary artery bypass graft surgery in Afshar hospital, Yazd, Iran. Intervention methods: the evening of day before surgery, after completing the consent form, demographic and vital signs measured and recorded and the gauges Spielberger Anxiety Inventory, which contains 20 questions to be completed. The patients in the intervention group paper impregnated with 2 drops of lavender essential oil for 20 minutes and the control group paper impregnated with 2 drops of distilled water to be inhaled. After 20 minutes, once a patient has completed the questionnaire and vital signs are recorded.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014012116146N2**
Registration date: **2014-02-24, 1392/12/05**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2014-02-24, 1392/12/05

Registrant information

Name

Hossein Zare Zardini

Name of organization / entity

Shahid Sadoughi University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Shahid Sadoughi University of Medical Sciences

Expected recruitment start date

2014-02-20, 1392/12/01

Expected recruitment end date

2014-08-23, 1393/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of inhalation aromatherapy on anxiety level of the patient before coronary artery bypass graft surgery.

Public title

The effect of inhalation aromatherapy on anxiety level

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients candidates for coronary artery bypass graft surgery; age more than 18 years old; admitted in heart surgical ward one day before surgery; ability for read and write, score over 20 on the Spielberger questionnaire; no history of previous heart surgery; no history of allergies to plants; non-impaired sense of smell; no acute pain at the time of intervention;

lack of drug addiction; lack of psychiatric drugs use; fill out the consent form. Exclusion criterion: patients tend to withdraw from the study.

Age
From **18 years** old to **90 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **64**

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
Shahid Sadoughi University of Medical Sciences

Street address
Yazd-Shahid Sadoughi University of Medical Sciences

City
Yazd

Postal code

Approval date
2014-02-08, 1392/11/19

Ethics committee reference number
223119

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
Befor and after intervention

Method of measurement
Spielberger questionnaire

Secondary outcomes

1

Description
Vital sign

Timepoint
Before and after intervention

Method of measurement
Manometer- inspection

Intervention groups

1

Description
Intervention group: inhalation of 2 drop of lavender oil for 20 minute on the evening of day befor surgery.

Category
Treatment - Drugs

2

Description
Control group: inhalation of two drops of distilled water as placebo for 20 minute on the evening of day befor surgery.

Category
Placebo

Recruitment centers

1

Recruitment center

Name of recruitment center
Afshar Hospital

Full name of responsible person
Hossien Zare Zadini

Street address

City
Yazd

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shahid Sadoughi University of Medical Sciences

Full name of responsible person
Mr Mirhosseini

Street address

Yazd -Afshar Hospital

City

Yazd

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Sadoughi 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

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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