# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

07 Nov 2026

## Effect of essential oil of Citrous Aurantium aromatherapy on anxiety of Patients who underwent coronary angiography

## Protocol summary

**Summary**

The aim of this study is determine to effect of essential oil of Citrous Aurantium on anxiety of patients who underwent coronary angiography that referred to Imam Ali Hospital of Kermanshah University of Medical Sciences in 2016. In this study, 80 patients who are going to angiography for the first time will be studied. Patients will be divided in two equal case and control groups. In the case group, the questionnaire of demographic information and Spielberger anxiety are completed before intervention. Then pure Citrous Aurantium oil will be breathed by patients before angiography. Then the questionnaire of Spielberger anxiety will be completed again 15 to 20 minutes after intervention. In the control group all procedures are same but Instead of lavender oil, we use distilled water.

## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT2016040816797N2**
Registration date: **2016-04-21, 1395/02/02**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

**Registration date**

2016-04-21, 1395/02/02

**Registrant information**

**Name**

Hossein Ashtarian

**Name of organization / entity**

Kermanshah University of Medical Sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 83 1826 2052

**Email address**

hashtarian@kums.ac.ir

**Recruitment status**

**Recruitment complete**

**Funding source**

Kermanshah University of Medical Sciences

**Expected recruitment start date**

2016-04-20, 1395/02/01

**Expected recruitment end date**

2016-08-22, 1395/06/01

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

Effect of essential oil of Citrous Aurantium aromatherapy on anxiety of Patients who underwent coronary angiography

**Public title**

Effect of essential oil of Citrous Aurantium aromatherapy on anxiety of Patients who underwent angiography

**Purpose**

Supportive

**Inclusion/Exclusion criteria**

Inclusion criteria: Doing coronary angiography for the first time; There isn’t emergency situation; No operation has been done before and during angiography; No record of Allergic Rhinitis, Eczema or respiratory problems such as asthma and no olfactory dysfunction; No medical or uncontrolled infection disorder; Being aware of time, place and subject; Patient agreement for participating in study; No diagnosed mental illness; No drug addiction; the age between 30 to 75; Stable of vital signs; Having no pain at the time of interview and completing questioner; The ability to speak Persian; Gaining more

than 20 of the Spielberg State-anxiety questionnaires score. Exclusion criteria: Using sedative drugs without prescription during study; Patients suffering cardiac dysrhythmia, ventricular fibrillation, Ventricular tachycardia and cardiogenic shock; No cooperation during the study; Sensitivity to Citrous Aurantium.

**Age**
From **30 years** old to **75 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **80**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**Blinding (investigator's opinion)**
Not blinded

**Blinding description**

**Placebo**
Used

**Assignment**
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Kermanshah University Of Medical Sciences

**Street address**
Shahid Beheshti Blvd., Branch of researchs and industry of Kermanshah University Of Medical Sciences

**City**
Kermanshah

**Postal code**

**Approval date**
2016-01-21, 1394/11/01

**Ethics committee reference number**
kums.rec.1394.435

## Health conditions studied

### 1

**Description of health condition studied**
Anxiety

**ICD-10 code**
F41.9

**ICD-10 code description**
Anxiety disorder, unspecified

## Primary outcomes

### 1

**Description**
Anxiety

**Timepoint**
Before the intervention, 15 to 20 minutes after intervention

**Method of measurement**
The questionnaire of Spielberger anxiety

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
The first group (aromatherapy): The questionnaire of demographic information and Spielberger anxiety are completed before intervention. Then 4 milliliter of pure Citrous Aurantium oil which were dripped on tissue, will be breathed by patients before angiography. Then the questionnaire of Spielberger anxiety will be completed again 15 to 20 minutes after intervention. In the second group (control): all procedures are same but Instead of lavender oil, we use distilled water.

**Category**
Treatment - Drugs

## Recruitment centers

### 1

**Recruitment center**

**Name of recruitment center**
Imam Ali Hospital

**Full name of responsible person**
Hossein Ashtarian

**Street address**

**City**
Kermanshah

## Sponsors / Funding sources

### 1

**Sponsor**

**Name of organization / entity**
Kermanshah University of Medical Sciences

**Full name of responsible person**
Hossain Karim

**Street address**
Kermanshah, Kermanshah University of Medical Sciences, Branch of researchs and industry.

**City**
Kermanshah

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**
Yes
**Title of funding source**
Kermanshah 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**
Kermanshah University of Medical Sciences
**Full name of responsible person**
Hossein Ashtarian
**Position**
PhD, Academic staff of School of Nursing and Midwifery
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## Person responsible for scientific inquiries

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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*