Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of lavender aroma on nursing students’ test anxiety in qom university of medical science

Protocol summary

Summary

Objectives: The aim of this study is to determine the effects of lavender aroma on nursing students’ test anxiety in qom university of medical sciences.Inclusion & Exclusion Criteria:All of the level 3 of the nursing students who has choosen the theorical public health 2 course are selected. Participants: All level 3 of nursing students (33) are eligible to involve in this study. half of which are conducted as intervention group and half of them as control group. Intervention: Intervention group are expose to lavender aroma and the control group are expose d to steam. Main outcome measures: Test anxiety of the students are investigate in two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138811142558N2**
Registration date: **2012-08-22, 1391/06/01**
Registration timing: **prospective**

Last update:
Update count: **0**

Registration date

2012-08-22, 1391/06/01

Registrant information

Name

Esmat Jafarbegloo

Name of organization / entity

Qom university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 25 1722 5100

Email address

jafarbegloo@muq.ac.ir

Recruitment status

Recruitment complete

Funding source

Qom University of Medical Sciences

Expected recruitment start date

2013-02-13, 1391/11/25

Expected recruitment end date

2013-02-13, 1391/11/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of lavender aroma on nursing students’ test anxiety in qom university of medical science

Public title

Effect of lavender aroma on nursing students’ test anxiety

Purpose

Prevention

Inclusion/Exclusion criteria

inclusion criteria: All of the level 3 of the nursing students who has choosen the theorical public health 2 course are selected. exclusion criteria: History of allergy, pregnant students and discomfort from this aroma

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **33**

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
Qom University of Medical Sciences
Street address
Saheli street, Qom
City
Qom
Postal code
Approval date
2012-07-15, 1391/04/25
Ethics committee reference number
6928/34/پ

Health conditions studied

1

Description of health condition studied
Students Test Anxiety
ICD-10 code
F40
ICD-10 code description
Phobic anxiety disorders

Primary outcomes

1

Description
Test Anxiety
Timepoint
Before Test
Method of measurement
Test Anxiety Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group are expose to lavender aroma for 15 minutes.
Category
Other

2

Description
Control group are expose to steam for 15 minutes.
Category
Placebo

Recruitment centers

1

Recruitment center
Name of recruitment center
Nursing and Midwifery Faculty
Full name of responsible person
Vice Chancellor of Research
Street address
Sahelli Street, Qom
City
Qom

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qom University of Medical Siences
Full name of responsible person
Vice Chancellor Research
Street address
Sahelli street, Qom
City
Qom
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Qom University of Medical Siences
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
Qom University of Medical Sciences
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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