Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Evaluation of the effect of aromatherapy with Narcissus Essence oil on labor pain in nulliparous women

Protocol summary

Study aim
Determining the effect of aromatherapy with Narcissus essential oil on labor pain in nulliparous women

Design
Clinical randomized control trial with control group, parallel groups, without blinding, 80 participants

Settings and conduct
The study population consisted of 80 nulliparous women referred to Farideh Behbahani Obstetrics and Gynecology Hospital in Behbahan. pain intensity is taught to people using the visual pain scale. In dilatation 4 cm before the intervention, pain intensity is measured. For the intervention group, during the active phase of labor, 3 cc of narcissus essential oil is continuously poured into 100 cc of headquarters water and dispersed in the space . After intervening in dilatation of 6, 8 and 10 cm, the intensity of pain is determined by the client on the pain ruler. For the control group, routine procedures are performed and pain intensity is measured in 6, 8 and 10 cm dilatation.

Participants/Inclusion and exclusion criteria
Age 18-35 years, single pregnancy, cephalic presentation, gestational age 37-41 weeks, low risk pregnancy, dilatation 4 cm, no narcotics, fetal developmental disorders, infertility history, smell problems, allergy to plants

Intervention groups
Pain intensity is taught to people using the visual pain scale. In dilatation 4 cm before the intervention, pain intensity is measured. For the intervention group, during the active phase of labor, 3 cc of narcissus essential oil is continuously poured into 100 cc of headquarters water and dispersed in the space. After intervening in dilatation of 6, 8 and 10 cm, the intensity of pain is determined by the client on the pain ruler. For the control group, routine procedures are performed and pain intensity is measured in 6, 8 and 10 cm dilatation.

Main outcome variables
Pain intensity, length of active phase of labor, length of second phase of labor

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20200928048863N1**
Registration date: **2021-03-21, 1400/01/01**
Registration timing: **registered_while_recruiting**

Last update: **2021-03-21, 1400/01/01**
Update count: **0**

Registration date
2021-03-21, 1400/01/01

Registrant information

Name
Fatemeh Tanoureh

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 61 5280 2748

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fatemehtanoureh@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-02-28, 1399/12/10

Expected recruitment end date
2021-08-01, 1400/05/10

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date

empty

Scientific title
Evaluation of the effect of aromatherapy with Narcissus Essence oil on labor pain in nulliparous women

Public title
Effect of aromatherapy with Narcissus Essence oil on labor pain

Purpose
Treatment

Inclusion/Exclusion criteria

Inclusion criteria:
Single pregnancy Cephalic Presentation Gestational age 37-41 weeks Dilatation 4 cm Low risk pregnancy Literacy for reading and writing Live fetus without anomaly Do not take narcotics

Exclusion criteria:
Cephalopelvic disorders Fetal developmental disorders Drug addiction History of infertility Smell problems Sensitivity to plants Maternal medical disease

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

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **80**

Randomization (investigator's opinion)
Randomized

Randomization description
Individuals with inclusion criteria are divided into two groups of control and intervention by double blocking method. For random allocation, two envelopes A and B are used. The control and intervention group is placed in each envelope by a second person who does not know the subject of the research and is closed. One envelope is selected every day and on that day two qualified people The conditions are assigned to the selected group.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Ahwaz Jundishapur University of Medical Sciences

Street address
No. 11, Shahid Safari Alley; Hojjat Alley

City
Behbahan

Province
Khouzestan

Postal code
6361743345

Approval date
2021-01-24, 1399/11/05

Ethics committee reference number
IR.AJUMS.REC.1399.829

Health conditions studied

1

Description of health condition studied
Labor pain

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
labor pain

Timepoint
In dilatation 4 cm (before intervention) in dilatation 6, 8 and 10 (after intervention)

Method of measurement
Vas questionnaire

Secondary outcomes

1

Description
Dose not have

Timepoint
Dose not have

Method of measurement
Dose not have

Intervention groups

1

Description
Intervention group: In dilatation of 6, 8 and 10, 3 cc of narcissus essential oil in 100 cc of distilled water is poured into the incense burner and participants are asked to take deep breaths with each contraction. Then the severity of the pain is measured.

Category
Treatment - Other

2

Description
Control group: In dilatation of 6, 8 and 10 cm, pain intensity in participants is measured.
Category
Treatment - Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Farideh Behbahani Hospital
Full name of responsible person
Fatemeh Tanoureh
Street address
No. 11, Shahid Safari Alley; Hojjat Alley
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Mehdi Ahmadi Moghadam
Street address
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Parvaneh Mousavi
Position
supervisor
Latest degree
Master
Other areas of specialty/work
Midwifery
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
There is no more information

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form
No - There is not a plan to make this available

Clinical Study Report
No - There is not a plan to make this available

Analytic Code
No - There is not a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available