

A comparative evaluation of Lavender (*Lavendula angustifolia*) and Geranium (*Perlargonium* species e.g. *P. odoratissimum*, *P. extipulatum*, *P. x fragrans*) aromatherapy oils in participants with mild to moderate insomnia

Submission date 24/10/2005	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 16/11/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 18/10/2016	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

Dr George Lewith

Contact details

Primary Medical Care
Aldermoor Health Centre
Aldermoor Close
Southampton
United Kingdom
SO16 5ST
+44 (0)2380 241073
gl3@soton.ac.uk

Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

A comparative evaluation of Lavender (*Lavendula augustifolia*) and Geranium (*Perlargonium* species e.g. *P. odoratissimum*, *P. extipulatum*, *P. x fragrans*) aromatherapy oils in participants with mild to moderate insomnia

Study objectives

To examine the credibility and effect size of lavender oil and geranium as potential treatments for mild insomnia and almond oil as a placebo.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Insomnia

Interventions

Aromatherapy oils - lavender oil versus geranium oil versus almond oil (placebo)

Intervention Type

Other

Primary outcome(s)

1. Actigraphic data obtained from wrist worn actigraphs
2. Subjective sleep status assessed with the PSQI

Key secondary outcome(s)

1. Leeds Sleep Evaluation Questionnaire
2. Borkovec and Nau Questionnaire

Completion date

30/04/2006

Eligibility

Key inclusion criteria

1. Healthy individuals
2. Aged 20-55 years
3. Informed consent
4. Mild to moderate persistent insomnia defined as a Pittsburgh Sleep Quality Index Score within the range 5-14 assessed over the preceding month, and with a minimum of 3 weeks duration

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Anosmic
2. Menopausal women
3. Pregnancy (or planning to become pregnant during the trial period)
4. Children under 3 years
5. Acutely ill
6. Systemic illness affecting their sleep
7. Recently treated with aromatherapy
8. Suffering from any recognised sleep pathology other than insomnia
9. Taking long-term medication (except oral contraceptives) or any short-term medication which may affect their natural sleep patterns
10. Previous hypersensitivity or allergy to aromatherapy or related products

Date of first enrolment

01/12/2005

Date of final enrolment

30/04/2006

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

Aldermoor Health Centre

Southampton

United Kingdom

SO16 5ST

Sponsor information

Organisation

University of the West of England (UK)

ROR

<https://ror.org/02nwg5t34>

Funder(s)

Funder type

University/education

Funder Name

University of Southampton Fourth Year Medical Student Project

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes