

# 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

<b>Submission date</b> 24/10/2005	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 16/11/2005	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 18/10/2016	<b>Condition category</b> 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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Not specified

### Study type(s)

Treatment

### Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

### 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 measure**

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

**Secondary outcome measures**

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

**Overall study start date**

01/12/2005

**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

**Age group**

Adult

**Sex**

Both

**Target number of participants**

12

**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**

England

United Kingdom

**Study participating centre**

**Aldermoor Health Centre**

Southampton

United Kingdom

SO16 5ST

## **Sponsor information**

**Organisation**

University of the West of England (UK)

**Sponsor details**

Coldharbour Lane

Bristol

England

United Kingdom

BS16 1QY

-

c.alford@uwe.ac.uk

**Sponsor type**

University/education

**ROR**

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

## **Funder(s)**

**Funder type**

University/education

**Funder Name**

## Results and Publications

### **Publication and dissemination plan**

Not provided at time of registration

### **Intention to publish date**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration