

# Chakra aromatherapy for nurses

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<b>Registration date</b> 12/09/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 12/09/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study objectives

Nurses often work in high-stress environments, which may lead to poor sleep and mental health problems. This study aims to evaluate whether aromatherapy combined with chakra balancing can reduce stress, improve sleep quality, and support mental well-being in nurses.

### Who can participate?

Registered nurses working in hospital settings who volunteer to join and meet the inclusion criteria can participate.

### What does the study involve?

Participants will be randomly assigned to either an intervention group or a control group. The intervention group will receive chakra-based aromatherapy sessions five times per week for 4 weeks. The control group will continue with routine care and will not receive aromatherapy intervention. Questionnaires and physiological measurements will be collected at the start and after 4 weeks.

### What are the possible benefits and risks of participating?

The possible benefits include reduced stress, improved sleep, and better emotional well-being. The risks are minimal and may include mild skin sensitivity to essential oils or temporary discomfort from questionnaires.

### Where is the study taking place?

Fu Jen Catholic University Hospital (Taiwan)

### When is the study starting and how long will it last?

April 2024 to December 2024

### Who is funding the study?

Fu Jen Catholic University Hospital (Taiwan) (Project No. PL-202408015)

### Who is the main contact?

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## Contact information

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Public, Principal investigator

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

PL-202408015-M

# Study information

## Scientific Title

Chakra-based aromatherapy reduces stress and improves sleep in nurses: a randomized controlled trial

## Study objectives

Is chakra-based aromatherapy less invasive than non-invasive? Can it reduce stress and improve sleep quality in caregivers?

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 12/07/2024, Institutional Review Board of the Fu Jen Catholic University Hospital (No. 510, Zhongzheng Road, Xinzhuang Dist, New Taipei City, 242062, Taiwan; +886 (0) (02)29056234; IRB@mail.fju.edu.tw), ref: FJUH113388

## Study design

Randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Quality of life

## Health condition(s) or problem(s) studied

Quality of life of nursing staff

## Interventions

After participants signed the consent form, random numbers were drawn based on gender, with odd-numbered participants assigned to the experimental group and even-numbered participants assigned to the control group (41 participants each). The random sequence was generated and maintained by an assistant not involved in recruitment and intervention to ensure that allocation was concealed and minimize bias.

82 nurses were randomly divided into an experimental group and a control group, with 41 people in each group. The treatment lasted 30 minutes five times a week for four consecutive weeks.

### Chakra-based aromatherapy:

Participants will receive chakra-based aromatherapy using essential oils applied with inhalation and massage, 30 minutes per session, 5 times per week, for 4 weeks.

### Routine care:

Participants will continue with routine care and will not receive aromatherapy intervention. The control group was given a placebo.

## Intervention Type

Other

**Primary outcome(s)**

Sleep quality measured by the Pittsburgh Sleep Quality Index (PSQI) at baseline and 4 weeks

**Key secondary outcome(s)**

1. Psychological status measured by the Depression Anxiety Stress Scales-21 (DASS-21) at baseline and 4 weeks
2. Stress index measured by Heart Rate Variability (HRV) analysis at baseline and 4 weeks
3. Chakra balance measured by the Chakra Psychological Assessment Test at baseline and 4 weeks
4. Autonomic nervous system activity measured by HRV parameters: Total Power (TP), High Frequency (HF), Low Frequency (LF), Root Mean Square of Successive Differences (RMSSD) at baseline and 4 weeks

**Completion date**

31/12/2024

**Eligibility**

**Key inclusion criteria**

1. Registered nurses working in hospital settings
2. Willing to participate and provide written informed consent

**Participant type(s)**

Health professional

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

20 years

**Upper age limit**

65 years

**Sex**

All

**Total final enrolment**

81

**Key exclusion criteria**

1. Atopic dermatitis
2. Respiratory disease
3. Pregnancy or lactation

**Date of first enrolment**

06/08/2024

**Date of final enrolment**

01/10/2024

## Locations

**Countries of recruitment**

Taiwan

**Study participating centre**

Fu Jen Catholic University Hospital

No.69, Guizi Road

Taishan Dist.

New Taipei City

Taiwan

24352

## Sponsor information

**Organisation**

Fu Jen Catholic University Hospital

## Funder(s)

**Funder type**

Hospital/treatment centre

**Funder Name**

Fu Jen Catholic University Hospital

**Alternative Name(s)**

, , FJCUH

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

## Results and Publications

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

Plan to share individual participant data (IPD): The complete IPD will not be made publicly available. However, de-identified data may be shared upon reasonable request from qualified researchers.

Time frame: Data will be available from 6 months to 3 years after publication of the main results.

Data to be shared: De-identified individual-level questionnaire results (stress, mental health, sleep quality) and physiological indicators (HRV parameters).

Additional documents: Study protocol, informed consent form (template), and statistical analysis plan will be available.

Access criteria: Researchers interested in accessing the data should submit a formal request to the corresponding author. Data will be shared after review and upon signing a Data Use Agreement (DUA).

### **IPD sharing plan summary**

Available on request