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Chakra aromatherapy for nurses

Submission date 11/09/2025	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [X] Record updated in last year
Registration date 12/09/2025	**Overall study status** Completed	
Last Edited 12/09/2025	**Condition category** Other	

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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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.fjuh.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.
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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

Taiwan

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

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