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Lavender aromatherapy on anxiety and depression in patients with Acute Coronary Syndrome: a single-blind randomized clinical trial

Original Article

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Abstract: **Objective:** In cardiovascular disease, a patient's anxiety and depression can increase cardiac rehabilitation duration and recovery. Lavender aromatherapy as a non-pharmacological intervention effective in other contexts may be an efficient intervention to alleviating anxiety and depression in patients with Acute Coronary Syndrome (ACS).

Methods: In this study, 110 ACS patients were randomly assigned to two intervention and control groups. Inhalation of the lavender fragrance was prescribed for the intervention group and the drop of aromatic almond for the control group for 3 days.

Results: The first-day anxiety and depression were significantly different in the two groups at 1 h and 9 h after the intervention. The 'morning's difference before the intervention was not significant, but it was substantial 1 h after the intervention. On the third morning of the intervention, this difference was confirmed.

Conclusions: This study confirmed the effectiveness of lavender aromatherapy in reducing anxiety and depression in ACS patients. This 'study's results enable intensive care nurses to use aromatherapy with lavender oil as a non-pharmacological and cost-effective intervention to reduce their psychological tensions and increase patient satisfaction during hospitalization in the cardiac care units (CCU).

Keywords: *anxiety • aromatherapy • Acute Coronary Syndrome • depression • lavender • randomized clinical trial*

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5. Conclusions

This study confirms the effectiveness of lavender aromatherapy in reducing anxiety and depression in ACS patients. This study's results enable intensive care nurses to use aromatherapy with lavender oil as a non-pharmacological and cost-effective intervention to reduce their psychological tensions and increase patient satisfaction during hospitalization in the CCU.

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Ethical approval

This study was approved by the Medical Ethics Committee of Shahed University (No. 41/175283) in Tehran, Iran.

Conflicts of interest

All contributing authors declare no conflicts of interest.

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