Effect of lavender essential oil on Anxiety and Pain of Intrauterine Device Insertion

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Abstract:

Introduction:

Intrauterine device is a safe, effective and reversible method of family planning. Unfortunately, IUD insertion associated with anxiety and pain. The purpose of this study was to determine the effect of lavender essential oil on anxiety and pain of intrauterine device insertion.

Methods:

This was a randomized clinical trial study. 135 women candidate of intrauterine device insertion that had eligible criteria were randomly stratified in three groups: (1) lavender group (n=45), (2) placebo group (n=45), (3) control group (n=45). Data was collected by a demographic questionnaire, Spiel Berger questionnaire & visual analog scale. Data analysis was performed by some descriptive & analytic statistics methods such as: χ², Fisher's exact test, kruskalwallis, Mann-Whitney u test and Wilcoxon by SPSS.

Results:

Before intervention with lavender, the average of anxiety score was (mean±sd) =43/7 ± 15/5 and after intervention, it was (mean±sd) =29/3 ± 9/8. Wilcoxon test (z=-5/235, p<0/001) indicated a significance difference. The Kruskalwallis test indicated that the average of anxiety score after intervention in lavender group (mean=29/3±9/8) comparative to placebo group (μ=40/84 ± 13/31) & control group(mean=40/6±12/7) decreased significantly(p<0/001).Furthermore, kruskalwallis test indicated considerable decreased of the average pain induced IUD insertion in Lavender group(mean=2/6±2/7)comparative to placebo group(mean=4/5±2/7) & control group(mean=3/8±2/1)(p<0/001).

Conclusion:

The results of this study suggest that aromatherapy with inhalation lavender essential oil is effective on anxiety & pain in IUD insertion.

Keywords: Aromatherapy, Lavender essential oil, Anxiety, Pain, IUD insertion.