Aromatherapy

The effect of lavender on anxiety and sleep quality in patients treated with chemotherapy

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**BACKGROUND:** A cancer diagnosis is a serious stressor that is associated with anxiety, depression, sleep disorders, and inability to fulfill daily routines. Many pharmacologic and nonpharmacologic options are available to help patients with cancer manage anxiety.

**OBJECTIVES:** This randomized, controlled trial examined the effects of lavender oil aromatherapy on anxiety and sleep quality in patients undergoing chemotherapy.

**METHODS:** 70 patients were randomly assigned to a lavender oil group, a tea tree oil group, and a control group with no oil. A patient identification form, the State–Trait Anxiety Inventory, and the Pittsburgh Quality Sleep Index (PSQI) were used to measure anxiety and sleep quality before and after chemotherapy.

**FINDINGS:** State anxiety before and after chemotherapy did not vary among groups. The authors compared trait anxiety values before and after chemotherapy and found a significant difference in the lavender group. In addition, a significant change in PSQI measurements before and after chemotherapy was observed.

**KEYWORDS**

aromatherapy; lavender; sleep quality; anxiety; PSQI; STAI; chemotherapy

**DIGITAL OBJECT IDENTIFIER**

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