

# INPLASY PROTOCOL

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## Effect of aromatherapy on quality of life with maintenance hemodialysis patients: a meta-analysis

Zhang, Y<sup>1</sup>.

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**Corresponding author:**  
Yong Zhang

zhangyong\_forever@163.com

**Author Affiliation:**  
Jianli People's Hospital.

**Support:** NA.

**Review Stage at time of this submission:** Completed but not published.

**Conflicts of interest:**  
None declared.

**Review question / Objective:** We conducted this study to systematically evaluate the effect of aromatherapy on quality of life of patients with MHD patients.

**Condition being studied:** Currently, aromatherapy has been used in maintained hemodialysis (MHD) patients, but the conclusions are still controversial.

**Eligibility criteria:** (1) Only randomized controlled trials (RCTs) were included in the meta-analysis. (2) Participants were on hemodialysis or peritoneal dialysis for at least 3 months, and patients with a history of kidney transplantation were excluded.

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 08 August 2022 and was last updated on 08 August 2022 (registration number INPLASY202280030).

### INTRODUCTION

**Review question / Objective:** We conducted this study to systematically evaluate the effect of aromatherapy on quality of life of patients with MHD patients.

**Condition being studied:** Currently, aromatherapy has been used in maintained hemodialysis (MHD) patients, but the conclusions are still controversial.

### METHODS

**Participant or population:** Maintained hemodialysis (MHD) patients.

**Intervention:** Aromatherapy.

**Comparator:** Simple massage.

**Study designs to be included:** RCTs.

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**Eligibility criteria:** (1) Only randomized controlled trials (RCTs) were included in the meta-analysis. (2) Participants were on hemodialysis or peritoneal dialysis for at least 3 months, and patients with a history of kidney transplantation were excluded.

**Information sources:** To examine all relevant RCTs regardless of publication status, we searched the PubMed, EMBASE and CNKI databases for articles published prior to Jan. 6, 2022.

**Main outcome(s):** Aromatherapy, as a new complementary and alternative therapy, can be used to improve sleep quality, and reduce fatigue, anxiety, restless Legs Syndrome and pain in patients with MHD.

**Quality assessment / Risk of bias analysis:** The quality of all trials was evaluated independently by two authors according to the Cochrane quality criteria.

**Strategy of data synthesis:** STATA 16.0 (Stata Corp LP, College Station, TX, USA) was used to perform statistical analyses. Cochrane RevMan 5.3 (The Cochrane Collaboration, The Nordic Cochrane Centre, Copenhagen, Denmark) was used to perform statistical analyses.

**Subgroup analysis:** If there was significant heterogeneity, a subgroup analysis was conducted to evaluate the consistency and quality of the results. Yes. Yes.

**Sensitivity analysis:** If there was significant heterogeneity, a sensitivity analysis was conducted to evaluate the consistency and quality of the results. Yes.

**Country(ies) involved:** China.

**Keywords:** aromatherapy, Meta-analysis; essential oils; inhalation; hemodialysis; restless legs syndrome; fatigue; anxiety; sleep quality.

**Contributions of each author:**

Author 1 - Yong Zhang.

Email: zhangyong\_forever@163.com