

INPLASY PROTOCOL

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Review Stage at time of this submission: The review has not yet started.

Conflicts of interest:
None declared.

Aromatherapy for managing health: a protocol of systematic review of systematic reviews

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Review question / Objective: The aim of this study is to evaluate all systematic reviews that included aromatherapy as a treatment method for any health condition.

Eligibility criteria: The systematic review or meta-analysis must specifically address the efficacy of any type of aromatherapy with or without massage and include evidence from at least two controlled clinical trials. Systematic reviews evaluating aromatherapy together with other complementary medicine methods without evaluating the two approaches separately were excluded. Non-systematic reviews were also excluded. The systematic review or meta-analysis must specifically address the efficacy of any type of aromatherapy with or without massage and include evidence from at least two controlled clinical trials.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 22 August 2022 and was last updated on 22 August 2022 (registration number INPLASY202280089).

INTRODUCTION

Review question / Objective: The aim of this study is to evaluate all systematic reviews that included aromatherapy as a treatment method for any health condition.

Rationale: Several studies have reported that aromatherapy is effective for many diseases. Many clinical trials have been conducted, but their results have not been fully confirmed. In this study, the current

evidence of the effectiveness of aromatherapy in the treatment of diseases will be evaluated.

Condition being studied: Any type of health condition.

METHODS

Search strategy: The search terms used were as follows: (aromatherapy OR essential oil OR aroma inhalation OR

lavender OR rose) AND (systematic review or meta-analysis).

Participant or population: All population regardless of age, sex, and health conditions will be included.

Intervention: Aromatherapy with any type of essential oils to treat participants with massage or inhalation.

Comparator: Placebo or no treatment or active controls, drug therapy.

Study designs to be included: systematic review with or without meta-analysis.

Eligibility criteria: The systematic review or meta-analysis must specifically address the efficacy of any type of aromatherapy with or without massage and include evidence from at least two controlled clinical trials. Systematic reviews evaluating aromatherapy together with other complementary medicine methods without evaluating the two approaches separately were excluded. Non-systematic reviews were also excluded. The systematic review or meta-analysis must specifically address the efficacy of any type of aromatherapy with or without massage and include evidence from at least two controlled clinical trials.

Information sources: PubMed, AMED, EMBASE, the Cochrane Library, and three Korean medical databases (Korean Studies Information, Research Information Service System, KoreaMed).

Main outcome(s): Health outcomes related to target conditions.

Additional outcome(s): Quality of life (QoL); Adverse events (AEs).

Data management: Two independent reviewers examined each publication, data will be retrieved from the articles based on predetermined criteria, and an assessment of methodological quality will be performed. Disagreements will be resolved by consensus. Data on PICO (population, intervention, comparison, and outcomes),

the number of RCTs included, summary effect estimates for primary outcomes, overall risk of bias (ROB), publication bias, and conclusions (cited from the original paper) will be retrieved from the included studies.

Quality assessment / Risk of bias analysis: The AMSTAR 2 tool will be used to critically assess the quality of reporting for each included SR.

Strategy of data synthesis: We will present the evidence mapping in tables describing the characteristics of the included SRs, as well as a graphical representation of the mapping based on bubble plots. Each bubble in the graph represents an included SR. The SR grouping into clinical topics will be created by a reviewer and discussed by the review team.

Subgroup analysis: Subgroup analysis by health status and essential oil type will be performed.

Sensitivity analysis: Sensitivity analysis is performed according to the quality of SR.

Language restriction: No limitation on publication language.

Country(ies) involved: South Korea.

Keywords: aromatherapy; essential oils; inhalation; overview; systematic review

Dissemination plans: The systematic review will be published in a peer-reviewed journal and disseminated electronically and in print. The review will be updated to inform health policy and practice.

Contributions of each author:

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