Title of metanalysis : Effects of Aromatherapy on Quality Of Life and Pain In Patients With Cancer: A Meta-Analysis

PubMed ID of metaanalysis: 39053746

**Search terms**:

(Cancer OR Cancer\* OR Tumor OR Tumors OR Neoplasm OR Neoplasia\* OR Malignant Neoplasm\* OR Malignancy OR Malignancies OR Neoplasm\* Malignant OR Benign Neoplasm\*) AND (Aromatherapy OR Aromatherapies OR Aroma\* OR Aroma Therapy OR Aroma Therapies OR Therapies Aroma OR Therapy Aroma OR Essential oil OR Oil OR Oil\*) AND (Pain OR Pains OR Quality of life OR Health related quality of life OR Health-related quality of life OR Life quality OR HRQOL OR QOL)

**Inclusion Criteria:**

The inclusion criteria were as follows: 1) participants: adults aged 18 years and older diagnosed with cancer, either undergoing or having completed treatment; 2) interventions: aromatherapy performed using essential oils through various application methods; 3) comparisons: placebo, no intervention, routine care, usual care, and standard care; 4) outcomes: QOL and pain; and 5) study design: randomized controlled trial.

**Exclusion Criteria:**

The exclusion criteria were as follows: 1) studies with essential missing data necessary for meta-analysis; 2) studies without a control group; and 3) studies combining aromatherapy interventions with other interventions in the experimental group.

Search Date: July 31, 2023

Included studies:

| Study title | Pubmed ID of included study |
| --- | --- |
| Clemo-Crosby AC, Day J, Stidston C, McGinley S, Powell RJ. Aromatherapy massage for breast cancer patients: a randomised controlled trial. J Nurs Womens Health 2018;3:144. https://doi.org/10.29011/2577-1450.100044. | not found |
| Halm MA, Baker C, Harshe V. Effect of an essential oil mixture on skin reactions in women undergoing radiotherapy for breast cancer: a pilot study. J Holist Nurs 2014;32:290–303. https://doi.org/10.1177/0898010114527184. | * 24668063 |
| Deng C, Xie Y, Liu Y, Li Y, Xiao Y. Aromatherapy plus music therapy improve pain intensity and anxiety scores in patients with breast cancer during perioperative periods: a randomized controlled trial. Clin Breast Cancer 2022;22:115– 120. https://doi.org/10.1016/j.clbc.2021.05.006. | * 34134947 |
| Khamis EAR, Raddaha AHA, Nafae WH, et al. Effectiveness of aromatherapy in early palliative care for oncology patients: blind controlled study. Asian Pac J Cancer Prev 2023;24:2729– 2739. https://doi.org/10.31557/APJCP.2023.24.8.2729 | * 37642059 |
| Lai TKT, Cheung MC, Lo CK, et al. Effectiveness of aroma massage on advanced cancer patients with constipation: a pilot study. Complement Ther Clin Pract 2011;17:37– 43. https://doi.org/10.1016/j.ctcp.2010.02.004. | * 21168113 |
| Law KS, Azman N, Omar EA, et al. The effects of virgin coconut oil (vco) as supplementation on quality of life (qol) among breast cancer patients. Lipids Health Dis 2014;13:139. https://doi.org/10.1186/1476-511X-13-139. | * 25163649 |
| Lua PL, Salihah N, Mazlan N. Effects of inhaled ginger aromatherapy on chemotherapy-induced nausea and vomiting and health-related quality of life in women with breast cancer. Complement Ther Med 2015;23:396–404. https:// doi.org/10.1016/j.ctim.2015.03.009. | * 26051575 |
| Ovayolu O, Sevig U, Ovayolu N, Sevinc A. The effect of aromatherapy and massage administered in different ways to women with breast cancer on their symptoms and quality of life. Int J Nurs Pract 2014;20:408–417. https://doi.org/ 10.1111/ijn.12128. | * 25157942 |
| Shammas RL, Marks CE, Broadwater G, et al. The Effect of lavender oil on perioperative pain, anxiety, depression, and sleep after microvascular breast reconstruction: a prospective, single-blinded, randomized, controlled trial. J Reconstr Microsurg 2021;37:530–540. https://doi.org/ 10.1055/s-0041-1724465 | * 33548936 |
| Soden K, Vincent K, Craske S, Lucas C, Ashley S. A randomized controlled trial of aromatherapy massage in a hospice setting. Palliat Med 2004;18:87–92. https://doi.org/ 10.1191/0269216304pm874oa | * 15046404 |
| Sohn KJ, Kim MJ, Lee JY, et al. Aroma self massage in hands on pain, depressive mood and anxiety in breast cancer patients. J Hosp Palliat Care 2005;8:18–29. | not found |
| Wilcock A, Manderson C, Weller R, et al. Does aromatherapy massage benefit patients with cancer attending a specialist palliative care day centre? Palliat Med 2004;18:287– 290. https://doi.org/10.1191/0269216304pm895oa. | * 15198118 |
| Wilkinson S, Aldridge J, Salmon I, Cain E, Wilson B. An evaluation of aromatherapy massage in palliative care. Palliat Med 1999;13:409–417. https://doi.org/10.1191/026921699 678148345. | * 10659113 |
| Wilkinson SM, Love SB, Westcombe AM, et al. Effectiveness of aromatherapy massage in the management of anxiety and depression in patients with cancer: a multicenter randomized controlled trial. J Clin Oncol 2007;25:532–539. https://doi.org/10.1200/JCO.2006.08.9987. | * 17290062 |
| Yu SH, Seol GH. Lavandula angustifolia mill. Oil and its active constituent linalyl acetate alleviate pain and urinary residual sense after colorectal cancer surgery: a randomised controlled trial. Evid Based Complement Alternat Med 2017:3954181. https://doi.org/10.1155/2017/3954181. | * 28154606 |