

Table 1 Comparison of mean changes and standard deviation of state and trait anxiety of patients undergoing surgery in the three groups after intervention, compared to before intervention (Adopted from Eslami et al., 2018)

Variable	Group					
	Anxiety state			Anxiety trait		
	Aromatherapy with essential oils citrus aurantium	Aromatherapy with essential oils Lavender	Control	Aromatherapy with essential oils citrus aurantium	Aromatherapy with essential oils Lavender	Control
Changes in mean state and trait anxiety (group changes)	-13	-12.8	1	-10.43	-9.26	0.5
SD	3.78	4.21	2.58	2.37	4.25	1.47
Confidence interval	-14.41, -11.58	-14.37, -11.22	0.03, 1.96	-11.31, -9.54	-10.85, -7.67	-0.5, 1.05
Result	$P<0.001$	$P<0.01$	$P<0.0011$	$P<0.00$	$P<0.001$	$P<0.001$