Effects of *Echium amoenum* Extract and Lavender Flora on the Anxiety of the Older Adult: A Parallel Randomized Clinical Trial

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ABSTRACT

Introduction: Older adults are at the highest risk of declining physical, mental, and cognitive abilities, among which anxiety is one vital complication. This study was conducted to compare the effectiveness of *Echium amoenum* and lavender extract on the stress of older adults.

Methods and Materials: In this randomized controlled trial, 189 older adults aged 60-86 were selected using a block size 6. They were then divided into three groups: *Echium amoenum* (n = 63), lavender (n = 63), and control (n = 63). In the *Echium amoenum* group, participants were asked to take a 250 mg capsule of *Echium amoenum* every eight hours. In the lavender group, participants were instructed to apply three drops of lavender flora onto a non-absorbable napkin and attach it to their left shoulder.

Results: The changes in the mean anxiety levels between the first two study groups were not significant (p = 0.34). However, both intervention groups showed a significant difference in anxiety compared to the control group (p = 0.05).

Conclusion and Discussion: *Echium amoenum* and lavender extract can be complementary methods to reduce anxiety.

Keywords: Adult, Anxiety, Clinical trial

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