

Table 1. Characteristics of the subject's demographics in the two groups.

	Lavender Group (n=33)	Control Group (n=33)	P-value
Age (year)	27.79±3.58	28.24±3.91	0.624*
Gestational age (weeks)	10.58(2.73)	10.64(2.34)	0.907*
No. of pregnancy n(%)			
Primigravida	16(48.5)	15(45.4)	0.787**
Gravida 2	11(33.3)	9(27.2)	
Gravida 3	3(9.1)	6(18.3)	
Gravida 4	3(9.1)	3(9.1)	
Economic status (n) (good, medium, poor)	(8,21,4)	(6,21,6)	0.725**
Occupational status n (%)			
Housekeeper	32(97)	30(90.9)	0.613**
Employed	1(3)	3(9.1)	
History of abortion n (%)			1.00**
One abortion	6(18.2)	6(18.2)	1.00**
two abortions	1(3)	1(3)	
Education n (%)			
<High school	9(27.2)	7(21.2)	0.839***
High school	19(57.6)	21(63.6)	
University	5(15.2)	5(15.2)	

* Independent sample t-test

** Fisher exact test

*** Chi-square test

Table 2. The mean scores of Rhodes index before and during seven days of the intervention in the two groups (mean \pm SD).

	Lavender Group (n=33)	Control Group (n=33)	P-value*
Before intervention	11.78 \pm 3.13	11.87 \pm 3.64	0.914
First day	10.52 \pm 3.89	10.76 \pm 5.00	0.827
Second day	9.03 \pm 3.87	10.18 \pm 4.29	0.257
Third day	8.15 \pm 3.77	9.48 \pm 5.68	0.263
Fourth day	8.33 \pm 4.61	9.21 \pm 5.16	0.469
Fifth day	7.48 \pm 4.61	9.48 \pm 4.27	0.072
Sixth day	7.39 \pm 3.77	9.09 \pm 4.46	0.100
Seventh day	6.91 \pm 3.58	9.58 \pm 4.31	0.008
P-value**	0.0001	0.004	

* Independent sample t-test

** Repeated measures analysis

Table 3: Comparison of severity of nausea and vomiting seven days after the intervention in the two groups.

Groups Factors	Lavender Group (n=33)	Control Group (n=33)	P-value*
No nausea and vomiting n(%)	1(3)	0(0)	0.032
Mild (1-8)	23(69.7)	14(42.5)	
Moderate (9-16)	9(27.3)	18(54.5)	
Severe ≥ 17	0(0)	1(3)	

*Fisher exact test

Table 4: Comparison of the mean scores of MSA before and seven days after the intervention in the two groups

Groups factors	Lavender Group (n=33)	Control Group (n=33)	P-value**
Before intervention	*43.42 \pm 6.37	43.36 \pm 6.26	0.969
7 th day after intervention	36.21 \pm 5.68	40.27 \pm 7.02	0.012
P-value***	<0.0001	<0.0001	

*(mean \pm SD)

** Independent sample t-test

***Paired t-test

Table 5: Comparison of severity of state anxiety seven days after the intervention in the two groups.

Groups Factors	Lavender Group (n=33)	Control Group (n=33)	P-value*
Mild (20-39) n(%)	21(63.6)	12(36.4)	0.027
Moderate (40-59)	12(36.4)	21(63.6)	

* Chi-square test