

## EXPLORE A KEY SUSPECT IN ATOPIC DERMATITIS

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## American Society for Dermatologic Surgery

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Psoriatic DiseaseBy [Kate Burba](#)

## Source/Disclosures

**Source:** Bergman D, et al. Complementary and alternative anxiolytics: A randomized controlled trial of essential oils. Presented at: American Society for Dermatologic Surgery annual meeting; Oct 9-11, 2020 (virtual meeting).

**Disclosures:** Bergman reports no relevant financial disclosures.

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SAVE

## No significant reduction in anxiety seen with aromatherapy during Mohs surgery

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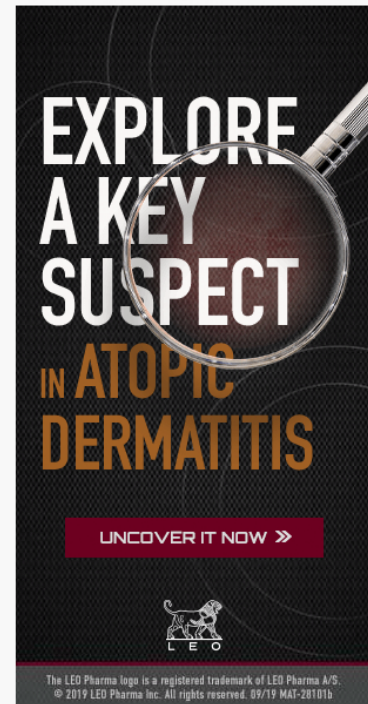
Aromatherapy did not significantly reduce anxiety [during Mohs surgery](#), according to a presentation at the American Society for Dermatologic Surgery annual meeting.

“Mohs surgery is an anxiety-provoking experience for many patients. Addressing such stressors enhances the therapeutic relationship with a patient, improves satisfaction and decreases perceived postoperative pain,” Daniel Bergman, MD, of Mayo Clinic, Scottsdale, Arizona, and colleagues wrote. “This study aimed to evaluate whether diffusing lavender essential oil during Mohs surgery would decrease the anxiety experienced by patients.”

In the randomized trial, 144 patients underwent Mohs surgery, with an equal number of patients [receiving either aromatherapy during the procedure](#) or the procedure alone. Patients completed a 13-point questionnaire documenting anxiety before and after surgery, and blood pressure and pulse were measured at baseline and after the procedure.

There was a slight improvement in overall anxiety score in the aromatherapy group compared with the control group, with improvements of 3.6 points vs. 2 points, respectively; the difference was not statistically significant. Results were similar for heart rate with a non-significant improvement in the aromatherapy group. No change in blood pressure was observed in either group.

“Aromatherapy, in this instance, did not show a statistically significant reduction in anxiety,” the researchers wrote. “Given the adverse effects of preoperative anxiety, incorporating complementary and alternative medical



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