

## Systematic review of aromatherapy on the stress reduction of healthy adults

**Myung-Haeng Hur and Ji-Ah Song**

Eulji University, Kunsan College of Nursing, South Korea

The purpose of this study was to evaluate the current evidence, the stress reduction effect of aromatherapy in healthy adults. The study was conducted by systematic review. We searched aromatherapy or aroma and essential oil, and stress as a searching term in electronic databases. Controlled trials verifying the aromatherapy on stress in healthy adults were searched. The searching electronic databases and searching articles are as follows: 101 articles from Pubmed, 196 articles from EMBASE, 109 articles from CINAHL, 33 articles from Cochrane, 29 articles from DBpia, 44 articles from KISS, and 117 articles from RISS. We searched total 629 articles from electronic data bases, removed 250 articles due to duplication, and then reviewed 379 articles. After reading the abstract of 379 articles independently by two reviewers, we selected 68 articles. In 68 potentially relevant studies, 13 studies met our inclusion criteria. We reviewed the 13 studies and analyzed the effects of aromatherapy on self-perceived stress and serum cortisol by meta-analysis using RevMan. As results, aromatherapy was effective to reduce the self-perceived stress and serum cortisol.

### Biography

Myung-Haeng Hur has completed his Ph.D. at the age of 40 years from Catholic University. She is the Professor of college of Nursing, Eulji University in South Korea. She is aromatherapist, trained in IFPA. She has published more than 40 papers in reputed journals and has been serving as a reviewer member of Asian Journal of Nursing and Journal of Korean Academy of Nursing.

[mhhur@eulji.ac.kr](mailto:mhhur@eulji.ac.kr)