

## References

- ACOG Committee on Practice Bulletins -- Obstetrics. (2009). ACOG Practice Bulletin No. 107: Induction of labor. *Obstetrics and Gynecology*, 114(2 Pt 1), 386–97. doi.org/10.1097/AOG.0b013e3181b48ef5
- Alfirevic, Z., Kelly, A. J., & Dowswell, T. (2009). Intravenous oxytocin alone for cervical ripening and induction of labour. *The Cochrane Database of Systematic Reviews*, (4):CD0032(4), CD003246. doi.org/10.1002/14651858.CD003246.pub2
- Amico, J. A., & Finley, B. E. (1986). Breast stimulation in cycling women, pregnant women and a woman with induced lactation: pattern of release of oxytocin, prolactin and luteinizing hormone. *Clinical Endocrinology*, 25(2), 97–106. doi.org/10.1111/j.1365-2265.1986.tb01670.x
- Atsumi, T., & Tonosaki, K. (2007). Smelling lavender and rosemary increases free radical scavenging activity and decreases cortisol level in saliva. *Psychiatry Research*, 150(1), 89–96. doi.org/10.1016/j.psychres.2005.12.012
- Barrett, K. E., Barman, S. M., Boitano, S., Brooks, H. L., & Ganong, W. F. (2012). Chapter 11. Smell & Taste. In *Ganong's review of medical physiology* (Vol. 24, pp. 217–221). New York: McGraw-Hill Medical.
- Boulvain, M., Kelly, A., & Irion, O. (2008). Intracervical prostaglandins for induction of labour. *The Cochrane Database of Systematic Reviews*, (1), CD006971. doi.org/10.1002/14651858.CD006971
- Boulvain, M., Stan, C. M., & Irion, O. (2005). Membrane sweeping for induction of labour. *The Cochrane Library*, (1), CD000451. doi.org/10.1002/14651858.CD000451.pub2
- Bowen, D. J., Kreuter, M., Spring, B., Cofta-Woerpel, L., Linnan, L., Weiner, D., ... Fernandez, M. (2009). How We Design Feasibility Studies. *American Journal of Preventive Medicine*, 36(5), 452–457. doi.org/10.1016/j.amepre.2009.02.002
- Bowles, J. E. (2001). *Aromatherapywo manabutameno yasashii seiyukagaku [The Basic Chemistry of Aromatherapeutic Essential Oils]* (C. Kumagai, Trans.) (1st ed.). New South Wales: NWS, Australis (Original work published 2000).

- Bricker, L., & Luckas, M. (2000). Amniotomy alone for induction of labour. *The Cochrane Database Of Systematic Reviews*, (4), CD002862.  
doi.org/10.1002/14651858.CD002862
- Buckle, J. (2014). *Clinical aromatherapy : essential oils in practice [Kindle 3 rd version]*. Retrieved from amazon.co.jp
- Buckley, S. J. H. (2015). *Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies, and Maternity Care*. (Vol. 2015). Washington, D.C.: Childbirth Connection Programs, National Partnership for Women & Families. Retrieved from  
<http://childbirthconnection.org/pdfs/CC.NPWF.HPoC.Report.2015.pdf>
- Burns, E., Blamey, C., Ersser, S. J., Lloyd, A. J., & Barnetson, L. (2000). The use of aromatherapy in intrapartum midwifery practice an observational study. *Complementary Therapies in Nursing & Midwifery*, 6(1), 33–34.  
doi.org/10.1054/ctnm.1999.0901
- Burns, E. E., Blamey, C., Ersser, S. J., Barnetson, L., & Lloyd, A. J. (2000). An investigation into the use of aromatherapy in intrapartum midwifery practice. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 6(2), 141–7.  
doi.org/10.1089/act.2000.6.141
- Büssing, A., Cysarz, D., Edelhäuser, F., Bornhöft, G., Matthiessen, P. F., & Ostermann, T. (2008). The oil-dispersion bath in anthroposophic medicine--an integrative review. *BMC Complementary and Alternative Medicine*, 8(1), 61.  
doi.org/10.1186/1472-6882-8-61
- Calvert, I. (2005). Ginger: an essential oil for shortening labour? *The Practising Midwife*, 8(1), 30–34. Retrieved from <http://www.practisingmidwife.co.uk/>
- Carter, C. S., Pournajafi-Nazarloo, H., Kramer, K. M., Ziegler, T. E., White-Traut, R., Bello, D., & Schwertz, D. (2007). Oxytocin: behavioral associations and potential as a salivary biomarker. *Annals of the New York Academy of Sciences*, 1098(1), 312–322. doi.org/10.1196/annals.1384.006
- Chard, T. (1995). Oxytocin in human parturition. In T. Chard & J. G. Grudzinskas (Eds.), *The uterus* (1st ed., pp. 268–287). New York, NY: Cambridge University

Press.

- Christensson, K., Nilsson, B. A., Stock, S., Matthiesen, A. S., & Uvnäs-Moberg, K. (1989). Effect of nipple stimulation on uterine activity and on plasma levels of oxytocin in full term, healthy, pregnant women. *Acta Obstetrica et Gynecologica Scandinavica*, 68(3), 205–10. Retrieved from [http://obgyn.onlinelibrary.wiley.com/hub/journal/10.1111/\(ISSN\)1600-0412/](http://obgyn.onlinelibrary.wiley.com/hub/journal/10.1111/(ISSN)1600-0412/)
- Clark, D. (2015). *Aromatherapy and herbal remedies for pregnancy, birth, and breastfeeding [Kindle 1st version]*. Retrieved from amazon.co.jp
- Clements, A. D. (2013). Salivary cortisol measurement in developmental research: Where do we go from here? *Developmental Psychobiology*, 55(3), 205–220. doi.org/10.1002/dev.21025
- Conell-Price, J., Evans, J. B., Hong, D., Shafer, S., & Flood, P. (2008). The development and validation of a dynamic model to account for the progress of labor in the assessment of pain. *Anesthesia and Analgesia*, 106(5), 1509–15, table of contents. doi.org/10.1213/ane.0b013e31816d14f3 [doi]
- Cyranowski, J. M., Hofkens, T. L., Frank, E., Seltman, H., Cai, H.-M., & Amico, J. A. (2008). Evidence of dysregulated peripheral oxytocin release among depressed women. *Psychosomatic Medicine*, 70(9), 967–975. doi.org/10.1097/PSY.0b013e318188ade4
- Dale, H. H. (1906). On some physiological actions of ergot. *The Journal of Physiology*, 34(3), 163–206. doi.org/10.1113/jphysiol.1906.sp001148
- Dawood, M. Y., Wang, C. F., Gupta, R., & Fuchs, F. (1978). Fetal contribution to oxytocin in human labor. *Obstetrics and Gynecology*, 52(2), 205–9.
- Divon, M. Y., Ferber, A., Nisell, H., & Westgren, M. (2002). Male gender predisposes to prolongation of pregnancy. *American Journal of Obstetrics and Gynecology*, 187(4), 1081–1083. doi.org/10.1067/mob.2002.126645
- du Vigneaud, V., Ressler, C., Swan, J. M., Roberts, C. W., & Katsoyannis, P. G. (1954). The Synthesis of Oxytocin 1. *Journal of the American Chemical Society*, 76(12), 3115–3121. doi.org/10.1021/ja01641a004
- du Vigneaud, V., Ressler, C., Swan, J. M., Roberts, C. W., Katsoyannis, P. G., &

- Gordon, S. (1953). The synthesis of an octapeptide amide with the hormonal activity of oxytocin . *Journal of the American Chemical Society*, 75(19), 4879–4880. doi.org/10.1021/ja01115a553
- Eldridge, S. M., Chan, C. L., Campbell, M. J., Bond, C. M., Hopewell, S., Thabane, L., & Lancaster, G. A. (2016). CONSORT 2010 statement: extension to randomised pilot and feasibility trials. *Pilot and Feasibility Studies*, 2(1), 64. doi.org/10.1186/s40814-016-0105-8
- Fleischman, A. R., Oinuma, M., & Clark, S. L. (2010). Rethinking the Definition of “Term Pregnancy.” *Obstetrics & Gynecology*, 116(1), 136–139. doi.org/10.1097/AOG.0b013e3181e24f28
- Freedman, D., Brown, A. S., Shen, L., & Schaefer, C. A. (2015). Perinatal oxytocin increases the risk of offspring bipolar disorder and childhood cognitive impairment. *Journal of Affective Disorders*, 173, 65–72. doi.org/10.1016/j.jad.2014.10.052
- Fritz, S. (2015). *Essential oils for pregnancy, birth & babies [Kindle 2nd version]*. Retrieved from Amazon.co.jp
- Fuchs, A., Fuchs, F., Husslein, P., Soloff, M., & Fernstrom, M. (1982). Oxytocin receptors and human parturition: a dual role for oxytocin in the initiation of labor. *Science*, 215(4538), 1396–1398. doi.org/10.1126/science.6278592
- Fuchs, A. R., & Fuchs, F. (1984). Endocrinology of human parturition: a review. *British Journal of Obstetrics and Gynaecology*, 91(10), 948–967. doi.org/10.1111/j.1471-0528.1984.tb03671.x
- Garrioch, D. B. (1978). The effect of indomethacin on spontaneous activity in the isolated human myometrium and on the response to oxytocin and prostaglandin. *British Journal of Obstetrics and Gynaecology*, 85(1), 47–52. doi.org/10.1111/j.1471-0528.1978.tb15825.x
- Gimpl, G., & Fahrenholz, F. (2001). The oxytocin receptor system: structure, function, and regulation. *Physiological Reviews*, 81(2), 629–83. Retrieved from <http://physrev.physiology.org/>
- Gordon, I., Zagoory-Sharon, O., Schneiderman, I., Leckman, J. F., Weller, A., & Feldman, R. (2008). Oxytocin and cortisol in romantically unattached young

- adults: associations with bonding and psychological distress. *Psychophysiology*, 45(3), 349–52. doi.org/10.1111/j.1469-8986.2008.00649.x
- Gregory, S. G., Anthopolos, R., Osgood, C. E., Grotegut, C. A., & Miranda, M. L. (2013). Association of autism with induced or augmented childbirth in North Carolina Birth Record (1990-1998) and Education Research (1997-2007) databases. *JAMA Pediatrics*, 167(10), 959–966. doi.org/10.1001/jamapediatrics.2013.2904
- Grewen, K. M., Davenport, R. E., & Light, K. C. (2010). An investigation of plasma and salivary oxytocin responses in breast- and formula-feeding mothers of infants. *Psychophysiology*, 47(4), 625–632. doi.org/10.1111/j.1469-8986.2009.00968.x
- Grewen, K. M., Girdler, S. S., Amico, J., & Light, K. C. (2005). Effects of partner support on resting oxytocin, cortisol, norepinephrine, and blood pressure before and after warm partner contact. *Psychosomatic Medicine*, 67(4), 531–538. doi.org/10.1097/01.psy.0000170341.88395.47
- Hall, J. E. (2015). Chapter 54 The Chemical Senses—Taste and Smell. In J. E. Hall & A. C. Guyton (Eds.), *Guyton and Hall Textbook of Medical Physiology* (Vol. 13th, pp. 685–692). Philadelphia: Elsevier.
- Heim, C., Young, L. J., Newport, D. J., Mletzko, T., Miller, A. H., & Nemeroff, C. B. (2009). Lower CSF oxytocin concentrations in women with a history of childhood abuse. *Molecular Psychiatry*, 14(10), 954–958. doi.org/10.1038/mp.2008.112
- Herz, R. S. (2009). Aromatherapy facts and fictions: a scientific analysis of olfactory effects on mood, physiology and behavior. *The International Journal of Neuroscience*, 119(2), 263–90. doi.org/10.1080/00207450802333953
- Hew-Butler, T., Jordaan, E., Stuempfle, K. J., Speedy, D. B., Siegel, A. J., Noakes, T. D., ... Verbalis, J. G. (2008). Osmotic and nonosmotic regulation of arginine vasopressin during prolonged endurance exercise. *The Journal of Clinical Endocrinology and Metabolism*, 93(6), 2072–2078. doi.org/10.1210/jc.2007-2336
- Holt-Lunstad, J., Birmingham, W. a, & Light, K. C. (2008). Influence of a “warm touch” support enhancement intervention among married couples on ambulatory blood pressure, oxytocin, alpha amylase, and cortisol. *Psychosomatic Medicine*, 70(9), 976–985. doi.org/10.1097/PSY.0b013e318187aef7

- Holt-Lunstad, J., Birmingham, W., & Light, K. C. (2011). The influence of depressive symptomatology and perceived stress on plasma and salivary oxytocin before, during and after a support enhancement intervention. *Psychoneuroendocrinology*, 36(8), 1249–1256. doi.org/10.1016/j.psyneuen.2011.03.007
- Horiuchi, S., Tadokoro, Y., & Takahata, K. (2016). Daeki okishitoshin sokuteinotameno daekisaishuhono kennto [Investigation for method to collect saliva to measure oxytocin]. In *The 57th Annual Meeting of Japana Society of Maternal Health, Japanese Journal of Maternal Health* (Vol. 57, p. 251). Tokyo, Japan. Retrieved from <http://bosei-eisei.org/gakkaishi/index.php>
- Ibata, M., & Uemura, M. (2010). Ninpu/Sanpu/Jokufu [Pregnant women/ Parturient woman/ puerperant]. In J. Imanishi & S. Arakawa (Eds.), *Aromatherapy nyumon: Hibinokanngoniikasu holistic approach [Beginner for aromatherapy: holistic approach for daily nursing]* (1st ed., pp. 125–132). Tokyo, Japan: Japanese Nursing Association Publishing Company.
- Kamel, R. M. (2010). The onset of human parturition. *Archives of Gynecology and Obstetrics*, 281(6), 975–982. doi.org/10.1007/s00404-010-1365-9
- Karim, S. M., & Hillier, K. (1979). Prostaglandins in the control of animal and human reproduction. *British Medical Bulletin*, 35(2), 173–80. Retrieved from <https://bmb.oxfordjournals.org/>
- Kavanagh, J., Kelly, A. J., & Thomas, J. (2005). Breast stimulation for cervical ripening and induction of labour. *The Cochrane Database of Systematic Reviews*, (3), CD003392. doi.org/10.1002/14651858.CD003392.pub2
- Kaviani, M., Maghbool, S., Azima, S., & Tabaei, M. H. (2014). Comparison of the effect of aromatherapy with Jasminum officinale and Salvia officinale on pain severity and labor outcome in nulliparous women. *Iranian Journal of Nursing and Midwifery Research*, 19(6), 666–72. Retrieved from <http://www.ijnmr.mui.ac.ir/index.php/ijnmr>
- Kelly, A. J., Kavanagh, J., & Thomas, J. (2013). Castor oil, bath and/or enema for cervical priming and induction of labour. *The Cochrane Database of Systematic Reviews*, 7(7), CD003099. doi.org/10.1002/14651858.CD003099.pub2

- Kim, S. H., MacIntyre, D. A., Firmino Da Silva, M., Blanks, A. M., Lee, Y. S., Thornton, S., ... Terzidou, V. (2015). Oxytocin activates NF- $\kappa$ B-mediated inflammatory pathways in human gestational tissues. *Molecular and Cellular Endocrinology*, 403, 64–77. doi.org/10.1016/j.mce.2014.11.008
- Kimura, T. (1995). Investigation of the oxytocin receptor at the molecular level. *Advances in Experimental Medicine and Biology*, 395, 259–68. Retrieved from <http://www.springer.com/series/5584>
- Kimura, T., Ogita, K., Kumasawa, K.-I., Tomimatsu, T., & Tsutsui, T. (2013). Molecular analysis of parturition via oxytocin receptor expression. *Taiwanese Journal of Obstetrics & Gynecology*, 52(2), 165–70. doi.org/10.1016/j.tjog.2013.04.004
- Kino, H. (1999). Sanfujinka II [Obstetrics II]. In K. Kawabata, K. Samejima, & K. Onomura (Eds.), *Iryojujisyanotameno aromatherapy handbook [ Handbook of aromatherapy for medical staffs]* (1st ed., pp. 64–67). Osaka, Japan: Medicus Shuppan,publishers Co., Ltd.
- Kiss, A., & Mikkelsen, J. D. (2005). Oxytocin--anatomy and functional assignments: a minireview. *Endocrine Regulations*, 39(3), 97–105. Retrieved from <https://www.degruyter.com/view/j/enr>
- Kozhimannil, K. B., Johnson, P. J., Attanasio, L. B., Gjerdingen, D. K., & McGovern, P. M. (2013). Use of nonmedical methods of labor induction and pain management among U.S. women. *Birth*, 40(4), 227–36. doi.org/10.1111/birt.12064
- Kuroda, K., Inoue, N., Ito, Y., Kubota, K., Sugimoto, A., Kakuda, T., & Fushiki, T. (2005). Sedative effects of the jasmine tea odor and (R)-(-)-linalool, one of its major odor components, on autonomic nerve activity and mood states. *European Journal of Applied Physiology*, 95(2–3), 107–14. doi.org/10.1007/s00421-005-1402-8
- Kurth, L., & Haussmann, R. (2011). Perinatal Pitocin as an early ADHD biomarker: neurodevelopmental risk? *Journal of Attention Disorders*, 15(5), 423–431. doi.org/10.1177/1087054710397800
- Lawrence, A. B., Petherick, J. C., McLean, K., Gilbert, C. L., Chapman, C., & Russell,

- J. A. (1992). Naloxone prevents interruption of parturition and increases plasma oxytocin following environmental disturbance in parturient sows. *Physiology and Behavior*, 52(5), 917–923. doi.org/10.1016/0031-9384(92)90371-8
- Lee, H.-J., Macbeth, A. H., Pagani, J. H., & Young, W. S. (2009). Oxytocin: the great facilitator of life. *Progress in Neurobiology*, 88(2), 127–151. doi.org/10.1016/j.pneurobio.2009.04.001
- Lee, K. B., Cho, E., & Kang, Y. S. (2014). Changes in 5-hydroxytryptamine and cortisol plasma levels in menopausal women after inhalation of clary sage oil. *Phytotherapy Research : PTR*, 28(11), 1599–1605. doi.org/10.1002/ptr.5163
- Leng, G., Mansfield, S., Bicknell, R. J., Blackburn, R. E., Brown, D., Chapman, C., ... et al. (1988). Endogenous opioid actions and effects of environmental disturbance on parturition and oxytocin secretion in rats. *Journal of Reproduction and Fertility*, 84(1), 345–356. doi.org/10.1530/jrf.0.0840345
- Liedman, R., Hansson, S. R., Igidbashian, S., & Akerlund, M. (2009). Myometrial oxytocin receptor mRNA concentrations at preterm and term delivery - the influence of external oxytocin. *Gynecological Endocrinology: The Official Journal Of The International Society Of Gynecological Endocrinology*, 25(3), 188–193. doi.org/10.1080/09513590802573213
- Light, K. C., Grewen, K. M., Amico, J. A., Boccia, M., Brownley, K. A., & Johns, J. M. (2004). Deficits in plasma oxytocin responses and increased negative affect, stress, and blood pressure in mothers with cocaine exposure during pregnancy. *Addictive Behaviors*, 29(8), 1541–164. doi.org/10.1016/j.addbeh.2004.02.062
- Lillehei, A. S., & Halcon, L. L. (2014). A systematic review of the effect of inhaled essential oils on sleep. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 20(6), 441–51. doi.org/10.1089/acm.2013.0311
- Matsuzaki, M., Matsushita, H., Tomizawa, K., & Matsui, H. (2012). Oxytocin: a therapeutic target for mental disorders. *The Journal of Physiological Sciences : JPS*, 62(6), 441–444. doi.org/10.1007/s12576-012-0232-9
- McCullough, M. E., Churchland, P. S., & Mendez, A. J. (2013). Problems with measuring peripheral oxytocin: Can the data on oxytocin and human behavior be



- trusted? *Neuroscience & Biobehavioral Reviews*, 37(8), 1485–1492.  
doi.org/10.1016/j.neubiorev.2013.04.018
- Meyer-Lindenberg, A., Domes, G., Kirsch, P., & Heinrichs, M. (2011). Oxytocin and vasopressin in the human brain: social neuropeptides for translational medicine. *Nature Reviews. Neuroscience*, 12(9), 524–538. doi.org/10.1038/nrn3044
- Morhenn, V., Beavin, L. E., & Zak, P. J. (2012). Massage increases oxytocin and reduces adrenocorticotropin hormone in humans. *Alternative Therapies in Health and Medicine*, 18(6), 11–8. Retrieved from  
<http://www.alternative-therapies.com/index.cfm>
- Musil, A. (2013). Labor encouragement with essential oils. *Midwifery Today with International Midwife*, 107(107), 57–8. Retrieved from  
<https://www.midwiferytoday.com/>
- Norwitz, E. R., Mahendroo, M., & Lye, S. J. (2014). Biology of Parturition. In R. K. Creasy (Ed.), *Creasy and Resnik's maternal-fetal medicine : principles and practice* (Vol. 7, pp. 66–79). Philadelphia, PA: Saunders/Elsevier.
- Obel, C., Hedegaard, M., Henriksen, T. B., Secher, N. J., Olsen, J., & Levine, S. (2005). Stress and salivary cortisol during pregnancy. *Psychoneuroendocrinology*, 30(7), 647–656. doi.org/10.1016/j.psyneuen.2004.11.006
- Omoto, C. (2005). Boseikangoto aromatherapy[Maternal Nursing and Aromatherapy]. In Nursing Research in Japanese Society of Aromatherapy (Ed.), *Nursenotameno aromatherapy [Aromatherapy for Nurse]* (1st ed., pp. 133–144). Osaka, Japan: Medicus Shuppan Publishers Co., Ltd.
- Oshiro, B. T., Henry, E., Wilson, J., Branch, D. W., Varner, M. W., & Women and Newborn Clinical Integration Program. (2009). Decreasing elective deliveries before 39 weeks of gestation in an integrated health care system. *Obstetrics and Gynecology*, 113(4), 804–811. doi.org/10.1097/AOG.0b013e31819b5c8c
- Osterman, M. J. K., & Martin, J. A. (2014). Trends in low-risk cesarean delivery in the United States, 1990-2013. *National Vital Statistics Reports : From the Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System*, 63(6), 1–16. Retrieved from

<http://www.cdc.gov/nchs/products/nvsr.htm>

- Phaneuf, S., Rodríguez Liñares, B., TambyRaja, R. L., MacKenzie, I. Z., & López Bernal, A. (2000). Loss of myometrial oxytocin receptors during oxytocin-induced and oxytocin-augmented labour. *Journal of Reproduction and Fertility*, 120(1), 91–97. doi.org/10.1530/reprod/120.1.91
- Posadzki, P., Alotaibi, A., & Ernst, E. (2012). Adverse effects of aromatherapy: a systematic review of case reports and case series. *The International Journal of Risk & Safety in Medicine*, 24(3), 147–161. doi.org/10.3233/JRS-2012-0568
- Prevost, M., Zelkowitz, P., Tulandi, T., Hayton, B., Feeley, N., Carter, C. S., ... Gold, I. (2014). Oxytocin in pregnancy and the postpartum: relations to labor and its management. *Frontiers in Public Health*, 2, 1–9. doi.org/10.3389/fpubh.2014.00001
- Radloff, L. S. (1977). The CES-D scale a self-report depression scale for research in the general population. *Applied Psychological Measurement*, 1(3), 385–401. doi.org/10.1177/014662167700100306
- Rapaport, M. H., Schettler, P., & Bresee, C. (2012). A preliminary study of the effects of repeated massage on hypothalamic-pituitary-adrenal and immune function in healthy individuals: a study of mechanisms of action and dosage. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 18(8), 789–97. doi.org/10.1089/acm.2011.0071
- Reddy, U. M., Bettegowda, V. R., Dias, T., Yamada-Kushnir, T., Ko, C. W., & Willinger, M. (2011). Term pregnancy: a period of heterogeneous risk for infant mortality. *Obstetrics and Gynecology*, 117(6), 1279–1287. doi.org/10.1097/AOG.0b013e3182179e28
- Robinson, C. J., Villers, M. S., Johnson, D. D., & Simpson, K. N. (2010). Timing of elective repeat cesarean delivery at term and neonatal outcomes: a cost analysis. *American Journal of Obstetrics and Gynecology*, 202(6), 632.e1-6. doi.org/10.1016/j.ajog.2010.03.045
- Romero, R., Munoz, H., Gomez, R., Parra, M., Polanco, M., Valverde, V., ... Mitchell, M. D. (1996). Increase in prostaglandin bioavailability precedes the onset of

- human parturition. *Prostaglandins, Leukotrienes, and Essential Fatty Acids*, 54(3), 187–191. doi.org/10.1016/S0952-3278(96)90015-0
- Saeki, Y. (2000). The effect of foot-bath with or without the essential oil of lavender on the autonomic nervous system: a randomized trial. *Complementary Therapies in Medicine*, 8(1), 2–7. doi.org/10.1054/ctim.2000.0333
- Salimetrics LCC. (2015). *Saliva Collection and Handling Advice* (3rd ed.). Retrieved from [https://www.salimetrics.com/assets/documents/Saliva\\_Collection\\_Handbook.pdf](https://www.salimetrics.com/assets/documents/Saliva_Collection_Handbook.pdf)
- Samejima, K. (1999). Sanfujinka I [Obstetrics I]. In K. Kawabata, K. Samejima, & K. Onomura (Eds.), *Iryojuisyanotameno aromatherapy handbook [ Handbook of aromatherapy for medical staffs]* (1st ed., pp. 60–63). Osaka: Medicus Shuppan,publishers Co., Ltd.
- Sanborn, B. M. (2001). Hormones and calcium: mechanisms controlling uterine smooth muscle contractile activity. The Litchfield Lecture. *Experimental Physiology*, 86(2), 223–237. doi.org/10.1113/eph8602179
- Sheikhan, F., Jahdi, F., Merghati, E., Shamsalizadeh, N., Sheikhan, M., Haghani, H., ... Haghani, H. (2012). Episiotomy pain relief: Use of Lavender oil essence in primiparous Iranian women. *Complementary Therapies in Clinical Practice*, 18(1), 66–70. doi.org/10.1016/j.ctcp.2011.02.003
- Shiina, Y., Funabashi, N., Lee, K., Toyoda, T., Sekine, T., Honjo, S., ... Komuro, I. (2008). Relaxation effects of lavender aromatherapy improve coronary flow velocity reserve in healthy men evaluated by transthoracic Doppler echocardiography. *International Journal of Cardiology*, 129(2), 193–197. doi.org/10.1016/j.ijcard.2007.06.064
- Shima, S. (1998). *CES-D Scale: Utsubyo (yokuutsujotai) jikohyoka syakudo [CES-D Scale: self administered scale for depression (depressive state)]*. Chiba Test Center (1st ed.). Tokyo, Japan: Chiba Test Center Co., Ltd.
- Shimizu, H., & Imae, K. (1981). STATE-TRAIT ANXIETY INVENTORYno nihongoban (daigakuseiyo)no sakusei [Development of the Japanese edition of the Spielberger State-Trait Anxiety Inventory (STAI) for student use]. *Japanese*

- Journal of Educational Psychology*, 29, 348–353. Retrieved from <https://www.jstage.jst.go.jp/browse/jjep/>
- Shimizu, M., & Nagaya, S. (2015). The Examination of the Optimal Depth of Water in a Foot-bath for Adult Women through Physiological and Psychological Evaluation. *Journal of Japan Academy of Nursing Science*, 35, 18–27. doi.org/10.5630/jans.35.18
- Sibbritt, D. W., Catling, C. J., Adams, J., Shaw, A. J., & Homer, C. S. E. (2014). The self-prescribed use of aromatherapy oils by pregnant women. *Women and Birth : Journal of the Australian College of Midwives*, 27(1), 41–45. doi.org/10.1016/j.wombi.2013.09.005
- Smith, C. A. (2003). Homoeopathy for induction of labour. *The Cochrane Database Of Systematic Reviews*, (4), CD003399. doi.org/10.1002/14651858.CD003399
- Spielberger, C. D., Gorsuch, R. L., & Lushene, R. E. (1970). *STAI manual for the State-trait anxiety inventory (“self-evaluation questionnaire”)*. California, CA: Consulting Psychologists Press.
- Spong, C. Y. (2013). Defining “term” pregnancy: recommendations from the Defining “Term” Pregnancy Workgroup. *JAMA*, 309(23), 2445–2446. doi.org/10.1001/jama.2013.6235
- Szeto, A., McCabe, P. M., Nation, D. A., Tabak, B. A., Rossetti, M. A., McCullough, M. E., ... Mendez, A. J. (2011). Evaluation of enzyme immunoassay and radioimmunoassay methods for the measurement of plasma oxytocin. *Psychosomatic Medicine*, 73(5), 393–400. doi.org/10.1097/PSY.0b013e31821df0c2 [doi]
- Tadokoro, Y., Horiuchi, S., Takahata, K., Shuo, T., Sawano, E., & Shinohara, K. (2016). Longitudinal changes in salivary oxytocin and cortisol levels after inhalation of clary sage essential oil scent: a feasibility study, Manuscript submitted for publication.
- Tadokoro, Y., Horiuchi, S., Takahata, K., Shuo, T., Yamanaka, M., Sawano, E., & Shinohara, K. (2016). Longitudinal measurement of pregnant women’s salivary oxytocin and cortisol levels after inhalation of clary sage essential oil vapors: a

- feasibility study. In *The 19th East Asian Forum of Nursing Scholars, Abstract book poster presentation* (pp. 626–627). Chiba, Japan.
- Terada, M., Matsuda, Y., Ogawa, M., Matsui, H., & Satoh, S. (2013). Effects of maternal factors on birth weight in Japan. *Journal of Pregnancy*, 2013, 172395. doi.org/10.1155/2013/172395
- Terzidou, V. (2007). Preterm labour. Biochemical and endocrinological preparation for parturition. *Best Practice & Research. Clinical Obstetrics & Gynaecology*, 21(5), 729–756. doi.org/10.1016/j.bpobgyn.2007.05.001
- Tisserand, R., & Young, R. (2013). *Essential oil safety: a guide for health care professionals [Kindle 2nd version]*. Churchill Livingstone. Elsevier Health Sciences. doi.org/10.1111/jfd.12251
- Tita, A. T. N., Lai, Y., Landon, M. B., Spong, C. Y., Leveno, K. J., Varner, M. W., ... Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) Maternal-Fetal Medicine Units Network (MFMU). (2011). Timing of elective repeat cesarean delivery at term and maternal perioperative outcomes. *Obstetrics and Gynecology*, 117(2 Pt 1), 280–6. doi.org/10.1097/AOG.0b013e3182078115
- Tom, N., & Assinder, S. J. (2010). Oxytocin in health and disease. *The International Journal of Biochemistry & Cell Biology*, 42(2), 202–5. doi.org/10.1016/j.biocel.2009.10.008
- Tree of Life Co. Ltd. (2015). *Seibun bunsekihyo kurarise-ji, rotto No. 51 [Table of composition: Clary sage essential oil, Lot No. 51]*. Tokyo, Japan.
- Tree of Life Co. Ltd. (2016a). *Seibun bunsekihyo jasmine, rotto No. 39 [Table of composition: Jasmine essential oil, Lot No. 39]*. Tokyo, Japan.
- Tree of Life Co. Ltd. (2016b). *Seibun bunsekihyo lavender, rotto No. 73 [Table of composition: Lavender essential oil, Lot No. 73]*. Tokyo, Japan.
- Tsuji, S., Yuhi, T., Furuhashi, K., Ohta, S., Shimizu, Y., & Higashida, H. (2015). Salivary oxytocin concentrations in seven boys with autism spectrum disorder received massage from their mothers: a pilot study. *Frontiers in Psychiatry*, 6, 58. doi.org/10.3389/fpsy.2015.00058

- Ueda, T., Yokoyama, Y., Irahara, M., & Aono, T. (1994). Influence of psychological stress on suckling-induced pulsatile oxytocin release. *Obstetrics and Gynecology*, 84(2), 259–62. Retrieved from <http://journals.lww.com/greenjournal/pages/default.aspx>
- Uvnas-Moberg, K., & Petersson, M. (2005). [Oxytocin, a mediator of anti-stress, well-being, social interaction, growth and healing]. *Zeitschrift Für Psychosomatische Medizin Und Psychotherapie*, 51(1), 57–80. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/15834840>
- Vrachnis, N., Malamas, F. M., Sifakis, S., Deligeoroglou, E., & Iliodromiti, Z. (2011). The oxytocin-oxytocin receptor system and its antagonists as tocolytic agents. *International Journal of Endocrinology*, 2011, 1–8. doi.org/10.1155/2011/350546
- Wing, D. A. (2014). Induction of labor. In T. W. Post (Ed.), *UpToDate*. Waltham, MA. Retrieved from <http://www.uptodate.com>
- Wing, D. A., & Farinelli, C. K. (2012). Abnormal Labor and Induction of Labor. In S. G. Gabbe (Ed.), *Obstetrics: Normal and Problem Pregnancies* (Sixth Edit, Vol. Sixth, pp. 287–310). Pennsylvania, PA: Elsevier. doi.org/10.1016/B978-1-4377-1935-2.00014-4
- Yamaguchi, M., Tahara, Y., & Kosaka, S. (2009). Influence of concentration of fragrances on salivary alpha-amylase. *International Journal of Cosmetic Science*, 31(5), 391–5. doi.org/10.1111/j.1468-2494.2009.00507.x
- Zahra, A. (2013). Lavender aromatherapy massages in reducing labor pain and duration of labor: A randomized controlled trial. *African Journal of Pharmacy and Pharmacology*, 7(8), 456–430. doi.org/10.5897/AJPP12.391
- Zhang, X., & Kramer, M. S. (2009). Variations in mortality and morbidity by gestational age among infants born at term. *The Journal of Pediatrics*, 154(3), 358–62, 362.e1. doi.org/10.1016/j.jpeds.2008.09.013
- Zingg, H. H., Rozen, F., Chu, K., Larcher, A., Arslan, A., Richard, S., & Lefèbvre, D. (1995). Oxytocin and oxytocin receptor gene expression in the uterus. *Recent Progress in Hormone Research*, 50(12), 255–273. Retrieved from <http://press.endocrine.org/page/rphr>