Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The Survey Effect Of Benson Relaxation On Quality Of Life In Breast Cancer Patients Under Going Chemotherapy

Protocol summary

Summary

Abstract: The main goal: Determine the effect of Benson relaxation technique on quality of life in breast cancer patients undergoing chemotherapy Design: In this study, 25 patients were breast cancer undergoing chemotherapy regimen (Taksvtr, Dryamaysyn, cyclophosphamide) TAC : 3 times the total units in the study filled out questionnaires. Finally, the results were analyzed by SPSS software. The main goal:Determine the effect of Benson relaxation technique on quality of life in breast cancer patients undergoing chemotherapy. Design: In this study, 25 patients suffering from breast cancer undergoing chemotherapy regimen (Taksvtr, Dryamaysyn, cyclophosphamide) TAC; the total units in the study filled out questionnaires 3 times. Inclusion criteria: willing to participate in research; ability to answer questions; have a chemotherapy regimen used for samples; being familiar with Persian language; primary breast cancer; age between 25-50 years old; not having a history of mental illness; between second to fourth courses of chemotherapy; unilateral mastectomy surgery and not having other chronic disease. Exclusion criteria: participate in counseling and educational programs at the second intervention; radiotherapy concurrently with chemotherapy; risk of psychosis and the use of psychoactive drugs and no clinical signs of metastasis to other body parts. Interventions: relaxation of Benson. The main outcome variables: Quality of life Interventions: Relaxation of Benson The main outcome variables: Quality of life

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204229537N1**
Registration date: **2012-05-21, 1391/03/01**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2012-05-21, 1391/03/01

Registrant information

Name
Masoome Salehi Kamboo
Name of organization / entity
Ahwaz Universit of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Ahvaz University of Medical Sciences

Expected recruitment start date

2009-03-18, 1387/12/28

Expected recruitment end date

2009-05-31, 1388/03/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Survey Effect Of Benson Relaxation On Quality Of Life In Breast Cancer Patients Under Going Chemotherapy

Public title

Effect Of Benson Relaxation On Breast Cancer

Purpose

Supportive

Inclusion/Exclusion criteria
Inclusion criteria: willing to participate in research; ability to answer questions; have a chemotherapy regimen used for samples; being familiar with Persian language; primary breast cancer; age between 25-50 years old; not having a history of mental illness; between second to fourth courses of chemotherapy; unilateral mastectomy surgery and not having other chronic disease. Exclusion criteria: participate in counseling and educational programs at the second intervention; radiotherapy concurrently with chemotherapy; risk of psychosis and the use of psychoactive drugs and no clinical signs of metastasis to other body parts.

Age
From **25 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **25**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ahvaz University of Medical Sciences

Street address
Bolvare golestan-Ahwaz University of Medical Science-ahvazl

City
Ahvaz

Postal code
6163735179

Approval date
2008-12-30, 1387/10/10

Ethics committee reference number
1398

Health conditions studied

1

Description of health condition studied
Breast cancer

ICD-10 code
C50

ICD-10 code description
Malignant neoplasm of breast

Primary outcomes

1

Description
Quality of life

Timepoint
3 week

Method of measurement
C30-BR23 quality of life questionnare

Secondary outcomes

1

Description
Symptom scales and functional scales

Timepoint
3 weeks

Method of measurement
C-30 and BR23 QOL questionairs

Intervention groups

1

Description
Intervention: Benson relaxation to breast cancer patients by tape and they listen to tape for 3 weeks; (during this time the researcher speak to patients by telephone and followed the patients) the quality of life questionnaire were filled.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Ahvaz University of Medical Sciences

Full name of responsible person
Masoome Salehi Kamboo

Street address
Bolvare golestan-Ahvaz medical university-ahvaz

City
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Ahvaz University of Medical Sciences
Full name of responsible person
Dr Mostafa Feghhi
Street address
Bolvare golestan- Ahvaz University of Medical Sciences
City
Ahvaz
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Ahvaz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
empty
Domestic or foreign origin
empty
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
empty

Person responsible for general inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
empty
Study Protocol
empty
Statistical Analysis Plan
empty
Informed Consent Form
empty
Clinical Study Report
empty
Analytic Code
empty
Data Dictionary
empty