

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jun 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

Masooome Salehi Kamboo

###### Name of organization / entity

Ahwaz Universit of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 61 1444 9672

###### Email address

salehi-m@ajums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Ahwaz 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-Ahvaz University of Medical Science-ahvazI

##### **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 questionnaire

## **Secondary outcomes**

### 1

#### **Description**

Symptom scales and functional scales

#### **Timepoint**

3 weeks

#### **Method of measurement**

C-30 and BR23 QOL questionnaires

## **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 Kamboob

##### **Street address**

Bolvare golestan-Ahvaz medical university-ahvaz

##### **City**

Ahvaz

## **Sponsors / Funding sources**

## 1

### Sponsor

**Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Dr Mostafa Fegghi

**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

**Contact****Name of organization / entity**

Ahvaz University of Medical Sciences

**Full name of responsible person**

Masooome Salehi Kamboo

**Position**

Master of nursing

**Other areas of specialty/work****Street address**

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### Person responsible for scientific inquiries

**Contact****Name of organization / entity**

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### Person responsible for updating data

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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*