

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jul 2026

Progressive Muscle Relaxation and Perceived Stress

Protocol summary

Summary

In this randomized clinical trial study after sampling with convenience method, samples with inclusion criteria(patients with myocard Infarction ; out of bed; no restriction for muscles contraction and distention; being conscious; tending to participate in research and having no mental or psychological disease) will selected and randomly assigned into control and experimental groups. intervention group in one session will learn Progressive Muscle Relaxation method .Intervention group ought to do this technique 120 sessions in 2 months.No intervention for control group is considered. Data collection tools included demographic questionnaire, perceived stress and self-reporting checklist in three phase: before intervention, 1 and 2 months after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206069664N3**

Registration date: **2012-07-09, 1391/04/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-07-09, 1391/04/19

Registrant information

Name

Mitra Payami Bousari

Name of organization / entity

Zanjan University of Medical Sciences and Health Services

Country

Iran (Islamic Republic of)

Phone

+98 24 3315 6962

Email address

payami@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Zanjan University of Medical Sciences and Health Services

Expected recruitment start date

2011-11-01, 1390/08/10

Expected recruitment end date

2012-02-29, 1390/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Progressive Muscle Relaxation and Perceived Stress

Public title

The Effect of Progressive Muscle Relaxation on Perceived Stress of Patients with Myocardial Infarction: A Randomized Clinical Trail

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: patients with myocard Infarction diagnosed by cardiologist; not being complete bed rest; no restriction for muscles contraction and distention; being conscious; tending to participate in research and having no mental or psychological disease Exclusion criterion: willing to quit the study

Age

From **18 years** old to **77 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 66

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Zanjan University of medical sciences and health services

Street address

Zanjan University of medical sciences and health services, Azadi Square

City

Zanjan

Postal code

451544224766

Approval date

2011-10-22, 1390/07/30

Ethics committee reference number

908105

Health conditions studied**1****Description of health condition studied**

Stress

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes**1****Description**

Received stress

Timepoint

Before intervention 1 and two months after intervention

Method of measurement

Data collection tools included demographic questionnaire, perceived stress and self-reporting

checklist.

Secondary outcomes**1****Description**

Vital signs (BP, PR, RR)

Timepoint

Before, 1 and 2 months after intervention

Method of measurement

BP(mm/Hg), PR & RR(minutes)

Intervention groups**1****Description**

Researcher during 16 weeks with a daily visit to the research environment select patients according to inclusion criteria ,then their personal details are collected. training programs in 7 steps (in a 30-minute session, a) For each sample, is designed and implemented. the program include: identification of muscles and muscle groups targeted, training in relaxation techniques, stages of implementation explain and show it by using progressive muscle action by researcher, responding to questions clients in relaxation techniques, the techniques used by the researcher audio tape, do techniques by patients with the researcher, the difference in feelings of physical and mental After performing at the end of relaxation techniques and supervised by the investigator exercise of this technique by the intervention group in home twice each day for 60 days (120 sessions) and contact person with telephone follow-up was achieved. Visiting scholar at the end of 30th and 60th days to complete a questionnaire to collect data(post test).

Category

Prevention

2**Description**

control group: no intervention

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Dr. Ali Shariati hospital

Full name of responsible person

Amir Vahedian Azimi

Street address

Zanjan, Nursing and Midwifery faculty of Zanjan University of medical sciences and health services

City

Zanjan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of medical sciences and health services

Full name of responsible person

Sr. Alireza Biglari

Street address

Zanjan University of medical sciences and health services, Azadi Square

City

Zanjan

Grant name

اعتبارات طرح های پژوهشی

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Zanjan University of medical sciences and health services

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**

Zanjan university of medical sciences and health services

Full name of responsible person

Amir Vahedian Azimi

Position

Nursing (Ms.)/ Nursing instructor

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

Nursing and Midwifery faculty of zanjan university of medical sciences and health services, Parvin Etesami Ave.

City

Zanjan

Postal code

4515786339

Phone

+98 24 1727 2514

Fax

+98 24 1727 0305

Email

vahedian63@zums.ac.irAmirvahedian63@gmail.com

Web page address

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Zanjan University of medical sciences and health services

Full name of responsible person

Mitra payami Bousari

Position

PhD/ assistant professor

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

Nursing and Midwifery faculty of Zanjan University of medical sciences and health services

City

Zanjan

Postal code

4515786339

Phone

+98 24 1727 2514

Fax

+98 24 1727 0305

Email

payami@zums.ac.ir, mitra_payami@yahoo.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Zanjan University of medical sciences and health services

Full name of responsible person

Mitra Payami Bousari

Position

PhD/ assistant professor

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

Nursing and Midwifery faculty of Zanjan University of medical sciences and health services, Parvin Etesami Ave.,

City

Zanjan

Postal code

451786339

Phone

+98 24 1727 2514

Fax

+98 24 1727 0305

Email

payami@zums.ac.irmitra_payami@yahoo.com

Web page address

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