

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effect of progressive muscle relaxation on pruritus severity of hemodialysis patients

Protocol summary

Summary

Pruritus is a common and disabling symptom experienced by end stage renal disease patients. Based on, present research is conducted to determine the effect of progressive muscle relaxation on pruritus of hemodialysis patients. This research is a randomized controlled clinical trial. Researcher refers to hemodialysis center of Modares hospital of Saveh and introduces the goal of research to patients, 60 patients with pruritus were selected with purposive sampling method and informed written consent was received. Data is collected by demographic data questionnaire, pruritus scale and visual analogue scale for determining of pruritus severity. Samples are randomizing allocated to intervention and control group and the questionnaires were completed by them. Researcher trains the progressive muscle relaxation method to intervention group. The training of PMR is done with one to one, face to face and practical method; also, instruction pamphlet and a compact disk of relaxation method are given to intervention group samples. After one month, pruritus severity of both group is assessed again and the before and after intervention results of intervention and control group are compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091010076N6**
Registration date: **2016-08-13, 1395/05/23**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-08-13, 1395/05/23

Registrant information

Name

Maryam Saeedi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 1417 3524

Email address

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Recruitment status

Recruitment complete

Funding source

Saveh medical sciences university

Expected recruitment start date

2015-06-20, 1394/03/30

Expected recruitment end date

2015-09-23, 1394/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation on pruritus severity of hemodialysis patients

Public title

Effect of relaxation on pruritus

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: willing to participate in trial; hemodialysis history of 3 month; undergoing hemodialysis 3 times a week; history of pruritus for 2 week at least; having no dermal or non dermal disease producing pruritus(based on idea of physician); having

wholly awareness and ability of hearing for learning of relaxation method; having no physical disability or psychological disease such as severe stress and depression; not using anti pruritus drugs. Exclusion criteria: Not doing relaxation or don't complete the relaxation diary; use of anti pruritus drugs in research phase.

Age

No age limit

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: 60

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****1****Registry name**

-

Secondary trial Id

-

Registration date

empty

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

Ethic committee of Saveh university of medical sciences

Street address

Saveh university of medical sciences, Taleghani St., Saveh

City

Saveh

Postal code**Approval date**

2015-05-22, 1394/03/01

Ethics committee reference number

IRSAVEHUMS.REC1394.04

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

End stage kidney disease

ICD-10 code

N18.5

ICD-10 code description

End stage kidney disease

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

Pruritus

Timepoint

One month

Method of measurement

Pruritus scale and visual analogue scale for pruritus

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

Pruritus severity

Timepoint

One month

Method of measurement

Pruritus severity scale

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

Progressive muscle relaxation in intervention group for one month that was done daily by patient in 15 to 20 minutes.

Category

Behavior

2**Description**

no intervention in control group

Category

N/A

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

Hemodialysis center of Modares hospital of Saveh

Full name of responsible person

Maryam Saeedi

Street address

Modarres Hospital, Modarres Square, Saveh
City
Saveh

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Saveh university of medical sciences

Full name of responsible person

Dr. Mahmood Karimi

Street address

Saveh university of medical sciences, Taleghani St.,
Saveh

City

Saveh

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Vice chancellor for research, Saveh 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

Saveh university of medical sciences

Full name of responsible person

Maryam Saeedi

Position

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Other areas of specialty/work

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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