

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

The effect of progressive muscle relaxation on nursing students' happiness

Protocol summary

Summary

(1) Objectives: The purpose of this study is the effect of relaxation on nursing students' happiness. (2) Design: This study is a randomized controlled clinical trial. (3) Setting and conduct: 60 of Second and third year nursing students of Arak University will be divided randomly into intervention and control. The happiness questionnaire in two phases of before and one months after the intervention will be filled out. (4) Inclusion criteria including: Second and third year nursing students, no history of mental illness, lack of relaxation courses/time. Exclusion criteria including: fewer than 15 times during a month of relaxation in the experimental group. (5) Intervention: In intervention group will be asked to do progressive muscle relaxation once a day for a month. (6) Main outcome measures (variables): Happiness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014053110713N2**

Registration date: **2015-10-14, 1394/07/22**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-14, 1394/07/22

Registrant information

Name

Moloud Farmahani Farahani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

farahani91@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Arak University of Medical Sciences

Expected recruitment start date

2013-09-04, 1392/06/13

Expected recruitment end date

2014-09-04, 1393/06/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation on nursing students' happiness

Public title

The effect of progressive muscle relaxation on happiness

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Second and third year nursing students; no history of mental illness ; lack of relaxation courses/time. Exclusion criteria: fewer than 15 times during a month of relaxation in the experimental group.

Age

From **19 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Participants randomly will be divided into two groups by random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Postal code

Approval date

2013-09-04, 1392/06/13

Ethics committee reference number

10-149-92

Health conditions studied

1

Description of health condition studied

Happiness

ICD-10 code

f30-f39

ICD-10 code description

Mood [affective] disorders

Primary outcomes

1

Description

Happiness

Timepoint

Baseline, One month after the intervention

Method of measurement

Oxford happiness questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

In intervention group will be asked to do progressive muscle relaxation once a day for a month.

Category

Other

2

Description

In the control group, the intervention is not

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Sciences

Full name of responsible person

Molud Farmahini Farahani

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Arak University of Medical Sciences

Full name of responsible person

Dr. Ali Asghar Yaghoubi

Street address

Arak University of Medical Sciences, Arak, Iran

City

Arak

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 of Arak 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

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Person responsible for general inquiries

Contact

Name of organization / entity
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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