

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 Jul 2026

### Clinical trial comparing the effects of relaxation and music therapy on anxiety before angiography

#### Protocol summary

##### Summary

This study is done to compare the effects of relaxation and music therapy on anxiety of before angiography in patients who are hospitalized in cardiac ward of Shiraz hospitals. This study is done on 105 patients according to inclusive criteria who are undergoing coronary angiography for the first time and Exclusion criteria of not doing angioplasty. Sample are selected with easy method and then randomly assigned to three groups (music and relaxation) and control. The relaxation is done in supine position such that first the legs muscles are contracted separately and then released and then the hands and chest muscles and back and at last the face in the same order as last become contract and expand. In music therapy method by using M P 3 Player the sound of the sea, the rain, the water is discharged to a patient. In the control group performed a particular action. In each group, the actions carried out for 20 minutes and the patient's anxiety is considered by Spielberger questionnaire.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015121111230N2**

Registration date: **2016-04-07, 1395/01/19**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-04-07, 1395/01/19

##### Registrant information

###### Name

Zahra Pourmovahed

**Name of organization / entity**

Shahid Sadoughi University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 35 3824 1751

##### Email address

z\_pourmovahed@ssu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

vice chancellor for research Shahid sadoughi University of Medical Sciences of Yazd

##### Expected recruitment start date

2015-12-21, 1394/09/30

##### Expected recruitment end date

2016-04-19, 1395/01/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Clinical trial comparing the effects of relaxation and music therapy on anxiety before angiography

##### Public title

The effect of relaxation and music therapy on anxiety before angiography

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: for the first time undergoing Angiography; Angiography without Angioplasty; before angiography the patient not having echo from esophagus; not Having valvular heart disease; the patient be full conscious without critical situation; like both methods: relaxation and music therapy; like to participate to the study; more than 18 years old not

having hearing impairment and movement disorder; not having mental disorder and not using Muscle relaxants, not using sedatives and psychotropic substances;not using narcotics and not having thyroid disease; The patient not using anti anxiety drugs; the patients must be selected that hospitalized one day before for doing angiography ; Exclusion criteria : like to listen to music;not like to continue the study; patients who have angioplasty is removed

**Age**  
From **18 years** old

**Gender**  
Both

**Phase**  
3

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **105**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**  
The samples were randomly assigned to three groups (music and relaxation) and control for this work used the cards on which the words C, M, R was written and placed in a box

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Shahid SadoughiYazd University of Medical Sciences

##### Street address

Shahid Sadoughi Yazd University of Medical Sciences organizaftion, shahid Dr. bahonar squre,Yazd

##### City

YAZD

##### Postal code

8916978477

#### Approval date

2015-06-01, 1394/03/11

#### Ethics committee reference number

ir.ssu.rec.1394.12

## Health conditions studied

### 1

#### Description of health condition studied

STRESS before Angiography

#### ICD-10 code

-R00-R09

#### ICD-10 code description

Symptoms and signs involving the circulatory and respiratory systems

## Primary outcomes

### 1

#### Description

Anxiety

#### Timepoint

before intervention- after intervention

#### Method of measurement

Speilberger questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group1: music is play to the patient for 20 minutes with the sound of sea, rain and water

#### Category

Behavior

### 2

#### Description

Intervention group2: Relaxation of muscles (relaxation after stress) is also taught to patients in this way that the patient lying in supine position and contracted the muscles and then released them .This will be done with supervision for 20 minutes

#### Category

Behavior

### 3

#### Description

control group: In control group no intervention is done

#### Category

Treatment - Drugs

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

galbe alzahra hospital

##### Full name of responsible person

Farzaneh Mozaffari

**Street address**

Number 244, Razi street, Shiraz

**City**

SHIRAZ

## Sponsors / Funding sources

1

**Sponsor****Name of organization / entity**

Vice chancellor for research of Shahid SadoughiYazd  
University of Medical Sciences

**Full name of responsible person**

zahra pourmovahed

**Street address**

Faculty of Nursing and Midwifery, SafaiehStreet, Yazd

**City**

Yazd

**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 Shahid SadoughiYazd  
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**

Shahid SadoughiYazd University of Medical Sciences

**Full name of responsible person**

zahra pourmovahed

**Position**

Master of Nursing , PhD research student

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

Faculty of Nursing and Midwifery, Safaieh Street, Yazd

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**Web page address**

## Person responsible for scientific inquiries

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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*