

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

City

Yazd

Postal code**Phone**

+98 353841752

Fax**Email**

Z_pourmovahed@ssu.ac.ir

Web page address

Person responsible for scientific 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

City

Yazd

Postal code**Phone**

+98 353841752

Fax**Email**

z_pourmovahed@ssu.ac.ir

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Shahid SadoughiYazd University of Medical Sciences

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z_pourmovahed@ssu.ac.ir

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