

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis

Protocol summary

Summary

Hemodialysis is a treatment for patients with chronic renal failure, which is used to correct water and electrolyte. Fatigue is a common side effect of hemodialysis. Thus, using a non-invasive and non-pharmacological method to control and reduce fatigue is required. Progressive muscle relaxation is one of these techniques. This study was done to evaluate the effects of relaxation techniques on fatigue in patients undergoing hemodialysis. 90 dialysis patients were randomly divided into intervention and control groups. Fatigue will be measured in both groups using a questionnaire fatigue. Relaxation techniques are taught in three sessions of the intervention group. Patients will do relaxation techniques to 6 weeks, once a day at home. The control group does not have any intervention. After 6 weeks of fatigue questionnaire given to patients in both groups. The data will be analyzed by spss software.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013042713132N1**

Registration date: **2013-05-18, 1392/02/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-05-18, 1392/02/28

Registrant information

Name

Shirin Madadkar Dehkordi

Name of organization / entity

Gonabad University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Research deputy, Gonabad University of Medical Sciences

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-09-06, 1392/06/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis

Public title

The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Patients with chronic renal failure undergoing hemodialysis; the desire to participate in the research; development levels of fatigue, based on a questionnaire fatigue index FSS; dialysis two or three times a week; over a minimum of 6 months from the first dialysis; lack of participation in the study was similar; ability of educable. Exclusion criteria: Unwillingness of patients to continue participation; there is a known

mental illness; including depression; sleep disorders.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 90

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**

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Approval date

2013-03-03, 1391/12/13

Ethics committee reference number

91/5/8 /I س

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

Fatigue in hemodialysis patients

ICD-10 code

z49

ICD-10 code description

Care involving dialysis

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

Fatigue

Timepoint

Pre and Post

Method of measurement

Fatigue Severity Scale

Secondary outcomes

empty

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

Relaxation techniques are taught in three sessions of the intervention group. Patients will do relaxation techniques to 6 weeks, once a day at home.

Category

Behavior

2**Description**

no intervention in control group

Category

N/A

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

Gonabad University of Medical Sciences

Full name of responsible person

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Full name of responsible person

Ali Ekrami

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Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 Research Deputy, Gonabad 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

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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