

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Oct 2026

The effect of progressive muscle relaxation on quality of life in rheumatoid arthritis patients

Protocol summary

Summary

Rheumatoid arthritis (RA) is a chronic disease and has the highest rate of prevalence among rheumatic inflammatory diseases. The purpose of this study was to determine the effect of Progressive Muscle Relaxation Technique (PMRT) on quality of life in patients with RA. 62 participants were allocated at random either to a muscle relaxation training group or to a control group. Every participant was evaluated for health-related quality of life. The training group exercised 20 minutes eight weeks, each day in one session (total 60 sessions) while no intervention was made in the control group. SF-36 quality of life questionnaire before and after filled.

General information

Acronym

pmr

IRCT registration information

IRCT registration number: **IRCT2013051813363N1**

Registration date: **2013-06-06, 1392/03/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-06-06, 1392/03/16

Registrant information

Name

rezvan yazdani soudejani

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 938 775 1501

Email address

yazdani.r@ajums.ac.ir

Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University of Medical Sciences

Expected recruitment start date

2013-02-03, 1391/11/15

Expected recruitment end date

2013-04-04, 1392/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation on quality of life in rheumatoid arthritis patients

Public title

The effect of progressive muscle relaxation on quality of life in rheumatoid arthritis patients

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: Adults over 18 years - Rheumatoid arthritis is approved by the Medical rheumatologist. - Having the disease for at least 6 months - Lack of mental illnesses such as severe depression or mental, speech or hearing impairment - No risk of acute or chronic physical disorders (such as heart disease, debilitating, respiratory, liver and kidney) able to read and understand the questionnaires - No previous experience progressive muscle relaxation technique in the last 6 months

Age

From **18 years** old to **65 years** old

Gender

Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 62

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
Ahvaz Ethics committee of Jundishapur University of Medical Sciences,Ahvaz,Iran

Street address
Golestan Street-Ahvaz Jundishapur University of Medical Sciences,Ahvaz,Iran

City
Ahvaz

Postal code
61357-15794

Approval date
2013-02-23, 1391/12/05

Ethics committee reference number
u-92002

Health conditions studied

1

Description of health condition studied
Rheumatoid Arthritis

ICD-10 code
M05.3+

ICD-10 code description
Rheumatoid arthritis with involvement of other organs and systems

Primary outcomes

1

Description
quality of life

Timepoint

Pre intervention, 8 weeks after treatment

Method of measurement

sf-36 quality of life questionnaires

Secondary outcomes

empty

Intervention groups

1

Description
Progressive Musle Relaxation Technique

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Rheumatologist office

Full name of responsible person
rezvan yazdani soudejani

Street address
Ahvaz.Kianpars. Arya Hospital

City
Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

Full name of responsible person
Mostafa Fegghi

Street address
Golestan Street-Ahvaz Jundishapur University of Medical Sciences,Ahvaz,Iran Ahvaz Jundishapur University of Medical Sciences,Ahvaz,Iran

City
Ahvaz

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, Ahvaz Jundishapur University of Medical Sciences, Ahvaz, Iran

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**

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

rezvan yazdani soudejani

Position

Master student

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

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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*