

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Investigation the effect of Progressive muscle relaxation on quality of life in elderly people living in ShahreKord

#### Protocol summary

##### Summary

The aim of this study was to investigate the effect of progressive muscle relaxation on quality of life in elderly people living in ShahreKord. In this quasi-experimental randomized study, 60 elderly were allocated into two control and experimental groups (30 in the control group, 30 in the experimental group). Inclusion criteria were age over the 55 years old and resident in nursing home, and exclusion criteria were neurological defects, cardiovascular disorders, unstable chronic diseases, severe congenital defects and limitative musculoskeletal disorders. In intervention group, progressive muscle relaxation was done, three days a week for three months (a total of 36 sessions). The demographic and LEIPAD quality of life questionnaire were completed at the first and the end of the study in two groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013070213768N3**

Registration date: **2013-07-20, 1392/04/29**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2013-07-20, 1392/04/29

##### Registrant information

###### Name

Ali Hassanpour Dehkordi

###### Name of organization / entity

Shahrekord Medical University of Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 38 1334 1699

###### Email address

ali@skums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research and technology, Shahrekord University of Medical Sciences

###### Expected recruitment start date

2008-08-23, 1387/06/02

###### Expected recruitment end date

2009-04-21, 1388/02/01

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Investigation the effect of Progressive muscle relaxation on quality of life in elderly people living in ShahreKord

###### Public title

Investigation the effect of Progressive muscle relaxation on quality of life in elderly people living in ShahreKord

###### Purpose

Supportive

###### Inclusion/Exclusion criteria

Inclusion criteria: Age over the 55 years old; resident in nursing home. Exclusion criteria: Neurological defects (stroke, Parkinson's disease and paralysis); cardiovascular disorders (acute myocardial infarction, acute heart failure, and uncontrolled hypertension); unstable chronic diseases (diabetes and malignancy); severe congenital defects and limitative musculoskeletal disorders; the history of anxiety disorders according to physician diagnosis.

###### Age

From **55 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: 60

**Randomization (investigator's opinion)**

N/A

**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**

Ethics committee of Shahrekord Medical University of Sciences

**Street address**

Rahmatiee, Shahrekord Medical University of Sciences

**City**

Shahrekord

**Postal code****Approval date**

2008-06-08, 1387/03/19

**Ethics committee reference number**

87-4-1

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

Elderly

**ICD-10 code**

R54

**ICD-10 code description**

Senility

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

Quality of life

**Timepoint**

At the first and the end of the study

**Method of measurement**

LEIPAD quality of life questionnaire

**Secondary outcomes**

empty

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

Intervention group: In intervention group, progressive muscle relaxation was done, three days a week for three months (a total of 36 sessions).

**Category**

Treatment - Drugs

**2****Description**

Control group: No intervention was done.

**Category**

Treatment - Drugs

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

Nursing home

**Full name of responsible person****Street address****City**

Shahrekord

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

Vice chancellor for research and technology, Shahrekord University of Medical Sciences

**Full name of responsible person**

Dr Mahmood Mobasheri

**Street address**

Aytollah Kashani Street

**City**

Shahrekord

**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 and technology, Shahrekord 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*

Shahrekord  
**Postal code**  
**Phone**  
+98 38 1333 5652  
**Fax**  
**Email**  
ali@skums.ac.ir  
**Web page address**

## Person responsible for general inquiries

**Contact**  
**Name of organization / entity**  
Shahrekord Medical University of Sciences  
**Full name of responsible person**  
Ali Hassanpour Dehkordi  
**Position**  
Assistant Professor  
**Other areas of specialty/work**  
**Street address**  
Rahmatiee, Shahrekord Medical University of Sciences  
**City**  
Shahrekord  
**Postal code**  
**Phone**  
+98 38 1333 5652  
**Fax**  
**Email**  
ali@skums.ac.ir  
**Web page address**

## Person responsible for scientific inquiries

**Contact**  
**Name of organization / entity**  
Shahrekord medical University of Sciences  
**Full name of responsible person**  
Ali Hassanpour Dehkordi  
**Position**  
Assistant professor  
**Other areas of specialty/work**  
**Street address**  
Rahmatiee, Shahrekord medical University of Sciences  
**City**

## Person responsible for updating data

**Contact**  
**Name of organization / entity**  
Shahrekord medical University of Sciences  
**Full name of responsible person**  
Ali Hassanpour Dehkordi  
**Position**  
Assistant professor  
**Other areas of specialty/work**  
**Street address**  
Rahmatiee, Shahrekord medical University of Sciences  
**City**  
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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*