

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

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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