

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Comparison the effect of relaxation and praying on preoperative anxiety of patients referred to Ayatollah Kashani Department of Surgery, Shahrekord

Protocol summary

Summary

The aim of this study was the comparison the effect of relaxation and praying on preoperative anxiety in patients who admitted in Ayatollah Kashani Hospital in Shahrekord. This study was a quasi-experimental, not-blinded study with simple random allocation. 116 patients who were candidate for abdominal surgery were allocated randomly into praying (n=54), relaxation(n=30), and control (n=32) groups. Inclusion criteria were age 18 to 65 years old, not treated with anxiolytic or sedative drugs during hospitalization, and candidate for abdominal surgery. Exclusion criteria were psychological disorders, hearing loss, and unwillingness to continue participation in the study. In relaxation group, Benson relaxation technique was educated for the patients by video tap, then in the day before surgery, the patients did relaxation two times(each time 15 minutes) every two hours. In praying group, in the day before surgery, the patients did praying two times(each time 15 minutes) every two hours. In the control group, the patients received preoperative routine care. Vital sign and anxiety level in each group were evaluated in two steps: before the intervention(the day before surgery) and immediately before the surgery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013121813768N5**

Registration date: **2014-01-03, 1392/10/13**

Registration timing: **na**

Last update:

Update count: **0**

Registration date

2014-01-03, 1392/10/13

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

Not enough for processing

Funding source

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

Expected recruitment start date

2008-06-21, 1387/04/01

Expected recruitment end date

2008-05-21, 1387/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison the effect of relaxation and praying on preoperative anxiety of patients referred to Ayatollah Kashani Department of Surgery, Shahrekord

Public title

Comparison the effect of relaxation and praying on preoperative Anxiety

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: age 18 to 65 years old, not treated with anxiolytic or sedative drugs during hospitalization, and candidate for abdominal surgery. Exclusion criteria: psychological disorders, hearing loss, and unwillingness to continue participation in the study.

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: **116**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

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

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Generalized anxiety disorder

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention and immediately before surgery

Method of measurement

Speilberger Anxiety Inventory

Secondary outcomes

1

Description

Vital sign

Timepoint

Before the intervention and immediately before surgery

Method of measurement

Inspection

Intervention groups

1

Description

Praying group: In praying group, in the day before surgery, the patients did praying two times(each time 15 minutes) every two hours.

Category

Prevention

2

Description

Control group: In the control group, the patients received preoperative routine care.

Category

Prevention

3

Description

Relaxation group: In relaxation group, Benson relaxation technique was educated for patients by video tap, then in the day before surgery, the patients did relaxation two times(each time 15 minutes) every two hours.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Kashani Hospital

Full name of responsible person

Ali Hassanpour Dehkordi

Street address

Ayatollah Kashani Hospital, Parastar Street,

Shahrekord
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, Shahrekord

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

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

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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