Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of progressive muscle relaxation method on test anxiety in nursing students

Protocol summary

Summary

Regards to the prevalence of test anxiety among nursing students, this study was conducted to determine the effect of progressive muscle relaxation method on test anxiety in nursing students in Isfahan University of medical sciences in year 2013. This research was conducted on 49 boy and girl nursing students during 3 stages and on 2 groups (experiment and control group). Inclusion criteria were included: getting informed consent; like to participate in intervention and Exclusion criteria were included: participate in similar intervention; have a psychological disorders. In pretest stage, demographic data and Sarason anxiety questionnaire were filled by 94 students (term 3 and 4). Then in intervention stage, the students who have test anxiety were allocated to two groups (experiment and control group) and in 4 sessions the progressive muscle relaxation method was conducted for experiment group. Then the students did this method until final exams 2 times a day and filled the self-reported check lists. In the first day of final exam, again test anxiety questionnaire was filled by two groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013080114242N1**
Registration date: **2013-12-21, 1392/09/30**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2013-12-21, 1392/09/30

Registrant information

Name

Maryam Shirazi

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 1792 2904

Email address

m_shirazi@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Isfahan university of medical sciences

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-06-25, 1392/04/04

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation method on test anxiety in nursing students

Public title

Effect of relaxation method on students test anxiety

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: getting informed consent; like to participate in intervention Exclusion criteria: participate in similar intervention; have a psychological disorders

Age

No age limit

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **50**
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
Isfahan University of Medical Sciences
Street address
Isfahan University of Medical Sciences, Isfahan, Iran
City
Isfahan
Postal code
13133437
Approval date
2013-04-30, 1392/02/10
Ethics committee reference number
292026

Health conditions studied

1

Description of health condition studied
anxiety
ICD-10 code
F41.9
ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
test anxiety
Timepoint
before intervention, After intervention
Method of measurement
Sarason test anxiety questionair

Secondary outcomes

empty

Intervention groups

1

Description
Do nothing
Category
Prevention

2

Description
Doing the progressive muscle relaxation method for intervention group during 4 session (each session took half an hour) and doing the technique by intervention group until the first final exam.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
School of Nursing and Midwifery, Isfahan Univerity of Medical Sciences
Full name of responsible person
Maryam Shirazi, MSc of Nursing Education, Academic member
Street address
School of Nursing and Midwifery, Isfahan University of Medical Sciences, Isfahan, Iran
City
Isfahan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Isfahan University of Medical Sciences
Full name of responsible person
Maryam Kian Pour
Street address
Isfahan University of Medical Sciences, Isfahan, Iran
City
Isfahan
Grant name
Grant code / Reference number
292026
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Isfahan 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

Isfahan University of Medical Sciences

Full name of responsible person

Maryam Shirazi

Position

MSc of Nursing education, Academic member

Other areas of specialty/work

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Person responsible for updating data

Contact

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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