

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Study the effectiveness and ineffectiveness of progressive muscle relaxation techniques on sleep quality and sleepiness of hemodialysis patients

Protocol summary

Summary

The presents study aims to investigate the effects of progressive muscle relaxation techniques on sleep quality and sleepiness of hemodialysis patients. It is a clinical study and is not blinded. 74 hemodialysis patients in Imam Reza hospital were selected randomly and divided to control and experiment groups. To assess sleep quality and pattern, PSQI questionnaire was delivered to both groups. Then, the experiment group was asked to do relaxation practices twice a day for 6 weeks at home based on a schedule. One try must be accomplished before night sleep. Finally, patients who followed over %70 of their schedule went under final investigation and the rest were omitted from the study. There was no special treatment passed to control group. After 6 weeks, PSQI questionnaire was offered to the patients in both groups to study their total quality of sleeping, delayed sleep, practical sleep duration, enough sleep, sleeping disorders, taking sleeping pills and daily dysfunction. Inclusion: being hemodialysis for at least two months; willingness to participate in the study; patients in experiment group included patients at evening and night shifts; patients in control group were the morning shift. Exclusion: being younger than 15

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015052114333N33**

Registration date: **2015-06-11, 1394/03/21**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-06-11, 1394/03/21

Registrant information

Name

Feizollah Foroughi

Name of organization / entity

kermanshah University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

kermanshah University of Medical Sciences

Expected recruitment start date

2015-05-15, 1394/02/25

Expected recruitment end date

2015-07-06, 1394/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Study the effectiveness and ineffectiveness of progressive muscle relaxation techniques on sleep quality and sleepiness of hemodialysis patients

Public title

Effectiveness of progressive muscle relaxation techniques on sleep quality and sleepiness of hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion: being hemodialysis for at least two months; willingness to participate in the study; patients in experiment group included patients at evening and night shifts; patients in control group were the morning shift.
Exclusion: being younger than 15

Age

From **15 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **74**

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**

Kermanshah University of Medical Sciences

Street address

Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

City

Kermanshah

Postal code**Approval date**

2015-04-28, 1394/02/08

Ethics committee reference number

kums.rec.1394.6

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

Hemodialysis

ICD-10 code

N18

ICD-10 code description

Chronic renal failure

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

Delay sleep

Timepoint

At the beginning of the study and 6 weeks later

Method of measurement

PSQI questionnaire

2**Description**

Practical sleep duration

Timepoint

At the beginning of the study and 6 weeks later

Method of measurement

PSQI questionnaire

3**Description**

Enough sleeping

Timepoint

At the beginning of the study and 6 weeks later

Method of measurement

PSQI questionnaire

4**Description**

Sleeping disorders

Timepoint

At the beginning of the study and 6 weeks later

Method of measurement

PSQI questionnaire

Secondary outcomes

empty

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

To assess sleep quality and pattern in experiment group, PSQI questionnaire was delivered to them. They were asked to do relaxation practices twice a day for 6 weeks at home based on a schedule. One try must be accomplished before their night sleep. Finally, patients who followed over %70 of their schedule went under final investigation and the rest were omitted from the study. After 6 weeks, PSQI questionnaire was offered to the patients in experiment group to study their total quality of sleeping, delayed sleep, practical sleep duration, enough sleep, sleeping disorders, taking sleeping pills and daily dysfunction.

Category

Behavior

2

Description

There was no special treatment delivered to control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam reza Hospital

Full name of responsible person

Fatemeh Hadadian

Street address

Emamreza hospital, Parastar boulevard

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Koroush Hamzehee

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Building No.2, Shahid Beheshti, Vice Chancellor for Research Affairs, Kermanshah University of Medical Sciences

City

Kermanshah

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Kermanshah 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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Fereshteh Jalalvandi

Position

Msc. of Surgical Internal Nursing

Other areas of specialty/work

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Fax

Email

fjalalvandi@kums.ac.ir

Web page address

Person responsible for updating data

Contact

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