Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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
Country
Iran (Islamic Republic of)
Phone
+98 83 1821 4653
Email address
fforoughi@kums.ac.ir

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
Street address
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
Street address
School of Paramedical Sciences, First of Dolatabad Boulvard,Eisar Square
City
Kermanshah
Postal code
Phone
+98 83 3828 0642
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