

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of progressive muscle relaxation training on anxiety, depression and quality of life in cancer patients under chemotherapy in Tabriz Hematology & Oncology Center-1388

Protocol summary

Summary

The aim of this study is to determine Anxiety, Depression and Quality of life dimensions of cancer patients under chemotherapy and the effect of progressive muscle relaxation training to promote health and improve their Quality of life. Sixty cancer patients under chemotherapy will be selected randomly and will be divided into two groups of intervention and control. To measure Anxiety & Depression, and Quality of life dimensions, HADS and EORTC QLQ-C30 questionnaires will be completed, respectively. Patients will be trained for progressive muscle relaxation in 3-6 case groups, for doing the practical self-help in the hospital and after discharge, 2-3 times a day. One and three months after intervention, questionnaires will be completed again by both groups, and the results will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138804172103N3**

Registration date: **2010-02-19, 1388/11/30**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2010-02-19, 1388/11/30

Registrant information

Name

Iraj Asvadi Kermani

Name of organization / entity

Hematology and Oncology Research Center- Tabriz university of medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Hematology and oncology research center, Tabriz University of Medical Sciences

Expected recruitment start date

2009-05-22, 1388/03/01

Expected recruitment end date

2010-05-22, 1389/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation training on anxiety, depression and quality of life in cancer patients under chemotherapy in Tabriz Hematology & Oncology Center-1388

Public title

The effect of progressive muscle relaxation training on anxiety, depression and quality of life in cancer patients under chemotherapy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Agreed to participate, Ability to read and write Farsi, Age range of 15-65 years, Receiving minimum 2 cycles of chemotherapy, Having mental health Inclusion Criteria: receiving pharmacological and

non pharmacological interventions for Anxiety and Depression, history of chronic and high risk disease as diabetes, receiving both chemotherapy and radiotherapy, Patients with subscale scores 0-7 (HADS-A), 0-4 (HADS-D), or 0-10 (HADS-T)

Age

From **15 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Tabriz University of Medical Sciences

Street address

Tabriz University of Medical Sciences, University Ave.

City

Tabriz

Postal code

Approval date

2009-01-06, 1387/10/17

Ethics committee reference number

5/4/2517

Health conditions studied

1

Description of health condition studied

Training

ICD-10 code

Z50.8

ICD-10 code description

Training in activities of daily living

2

Description of health condition studied

Training

ICD-10 code

Z50

ICD-10 code description

Care involving use of rehabilitation procedure

Primary outcomes

1

Description

Level of anxiety and depression

Timepoint

1 and 3 Month after intervention

Method of measurement

HADS questionnaire

2

Description

Dimensions of quality of life

Timepoint

1 and 3 Month after intervention

Method of measurement

EORTC QLQ-C30 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Patients in 3-6 case groups will be trained to progressive muscle relaxation technique. We advise doing these techniques as self-help in the hospital and after discharge home at least 2 or 3 times a day, especially before night sleep. One and three months after the intervention, HADS and EORTC QLQ-C30 questionnaires again will complete by control and case groups. Progressive relaxation technique: this technique involves alternately tensing and relaxing the muscles and technique session takes approximately 30 minutes. A person may start by sitting or lying down in a comfortable position with the eyes closed; the muscles are tensed (10 seconds) and relaxed (20 seconds) in sequence as per the following progressive pattern: the tension of the lower arms, upper arms, lower legs, upper legs, stomach, chest, shoulders, neck, mouth, eyes, lower forehead, upper forehead. After doing each of these muscle groups, the patient should feel collectively relaxed and warm.

Category

empty

Recruitment centers

1

Recruitment center

Name of recruitment center

Hematology and Oncology Center, Tabriz, Iran

Full name of responsible person

Dr. Iraj Asvadi Kermani

Street address

Shahid Ghazi Tabatabaei Hospital, Hematology and Oncology research center, Tabriz University of Medical Sciences

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hematology and oncology research center, Tabriz University of Medical Sciences

Full name of responsible person

Dr Iraj Asvadi Kermani

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Shahid Ghazi Tabatabaei Hospital, Hematology and oncology research center, Tabriz University of Medical Sciences

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Hematology and oncology research center, Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Dr Iraj Asvadi Kermani

Position

Hematologist and Oncologist- Professor

Other areas of specialty/work**Street address**

Shahid Ghazi Tabatabaei Hospital, Hematology and

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Dr Sepideh Herizchi Ghadim

Position

Psychiatrist

Other areas of specialty/work**Street address**

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Person responsible for updating data

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Name of organization / entity

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Mehri Golchin

Position

MSN in nursing

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Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty