Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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)

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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 depresion

Timepoint
1 and 3 Month after intervention

Method of measurement
HADS questionnairre

2

Description
Dimentions of quality of life

Timepoint
1 and 3 Month after intervention

Method of measurement
EORTC QLQ-C30 questionnairre

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 Ocology Center,Tabriz, Iran
Full name of responsible person
Dr.Iraj Asvadi Kermani
Street address
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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
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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
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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