

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

The Effect Of Intradialytic Stretching Exercise On quality of life In Hemodialysis Patients with Restless Legs Syndrome

Protocol summary

Summary

Quality of life is satisfaction in life, physical, social and mental health. Evidence suggests that patients on hemodialysis have a poor quality of life and the factors that lead to poor quality of life is sleep problems. Restless leg syndrome (RLS) is one of poor sleep quality factors in patients with renal failure, which is a very high incidence in these patients. RLS is characterized by motor restlessness resulting in an uncontrolled urge to move the affected body parts. RLS symptoms often worsen in long sitting and rest, such as prolonged sleep and during dialysis. Thus, mild exercise such as stretching can relieve symptoms of restless leg syndrome. This study is a clinical trial to evaluate the impact of intradialytic stretching on quality of life in hemodialysis patients with RLS. In Hashemi Nejad hospital in Tehran, Iran 36 patients will be diagnosed with RLS symptoms as defined by the standard criteria and recruited for being part of the study. The recruited patients will be offered the option to exercise (Ex-group) or not to exercise (Con-group) for the period of 8 weeks. Stretching exercises will be performed 3 times a week, 30 minutes each time for the last two hours of dialysis. Quality of life will be assessed using the Quality of life questionnaire scale at baseline, weeks 4 and at the end of the study.

General information

Acronym

quality of life in restless legs syndrome

IRCT registration information

IRCT registration number: **IRCT201211132226N11**

Registration date: **2014-02-05, 1392/11/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-02-05, 1392/11/16

Registrant information

Name

Mansoorh Aliasgharpour

Name of organization / entity

Nursing & midwifery faculty, Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 6693 7120

Email address

aliasgha@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2012-11-21, 1391/09/01

Expected recruitment end date

2013-01-20, 1391/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Intradialytic Stretching Exercise On quality of life In Hemodialysis Patients with Restless Legs Syndrome

Public title

The Effect Of Intradialytic Stretching Exercise On quality of life In Hemodialysis Patients with Restless Legs Syndrome

Purpose

Treatment

Inclusion/Exclusion criteria
Inclusion criteria: answering "yes" to the first four questions of the restless leg syndrome questionnaire; age over 18-dialysis; 3 times a week and 3 or 4 hour hemodialysis each time; no mental and physical disabilities; having full awareness; listening and speaking ability; no infection and ulcers in the legs-no orthopedic problems; no peripheral neuropathy or vascular problems in legs; restless leg syndrome confirmed by GP. Exclusion criteria: no exercise for three consecutive sessions and six sessions generally.

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **36**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Single blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics committee nursing&midwifery Tehran
University of Medical Sciences

Street address
squar toohid-nursing&midwifery facultyTehran
University of Medical Sciences-tehran-iran

City
Tehran

Postal code
1419733171

Approval date
2012-09-09, 1391/06/19

Ethics committee reference number
92-01-123-21289

Health conditions studied

1

Description of health condition studied
restless legs syndrome

ICD-10 code
G25.8

ICD-10 code description
Other specified extrapyramidal and movement disorders

Primary outcomes

1

Description
improve quality of life after exercise

Timepoint
Before intervention, the end of the 4th week and 8th week

Method of measurement
quality of life scale SF-36

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: stretching exercises will be performed three times a week for eight weeks and questionnaire will be completed at the beginning, end of 4th week and 8th week.

Category
Treatment - Other

2

Description
Control group: questionnaire will be completed at the beginning, end of 4th week and 8th week. No intervention for the control group

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shahid Hashemi Nejad hospital, Tehran University of Medical Sciences

Full name of responsible person
Mansoorah Aliasgarpour

Street address
valinejad st.-squar vanak- valiasr street

City
Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

CNCR.Tehran University of Medical Sciences

Full name of responsible person

Dr. Akbar Fotohi

Street address

Keshavarse bulvar, Ghods street

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

CNCR.Tehran 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

Tehran University of Medical Sciences

Full name of responsible person

zahra abbasi

Position

MSc

Other areas of specialty/work

Street address

unit 11- 4th floor- block B5- parvin etesami
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City

Tabriz

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5158746615

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mansoorah Aliasgarpoor

Position

MSc

Other areas of specialty/work

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Tohid square

City

Tehran

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Phone

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aliasgha@tums.ac.ir

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Person responsible for updating data

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Mansoorah Aliasgharpoor

Position

Faculty member

Other areas of specialty/work

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Web page address

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