

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

Comparison of the effect of relaxation and support group on anxiety in nursing students

Protocol summary

2015-06-27, 1394/04/06

Summary

The aim of this study was to compare the effect of relaxation and support group on anxiety in nursing students. The study is intervention, comparative, randomized controlled trial and is single blind. The main criteria for inclusion: according to the Spielberger questionnaire test, they had mild, moderate and severe anxiety; No history of psychiatric disorders and sedative drugs. Main exclusion criteria: absence of more than two sessions in class; absence of one of the meetings pre or post test. The study population and sample size: 150 nursing students were selected according to inclusion criteria then nursing students randomly will be divided into case and control groups. Interventions: Before the beginning, first the pre-test was obtained from samples. Then in the first week of Interventions, the progressive muscle relaxation technique for 5 consecutive 45-minutes sessions was carried out, while students were practicing at home for ten minutes. The method of support groups, in the second week for 5 sessions of 45 minutes was carried out. In the end, samples were taken and the results were compared. The control group received no intervention. The time of intervention, a week after the completion of the sampling. Primary outcomes: reduction of anxiety in students.

Registrant information

Name

Sanaz Bostani

Name of organization / entity

Shiraz University of Medical Sciences

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Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-04-06, 1394/01/17

Expected recruitment end date

2015-05-07, 1394/02/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015030221298N1**

Registration date: **2015-06-27, 1394/04/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

Scientific title

Comparison of the effect of relaxation and support group on anxiety in nursing students

Public title

Comparison of the effect of relaxation and support group on anxiety in nursing students

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: according to the Spielberger questionnaire test, they had mild, moderate and severe

anxiety; No history of psychiatric disorders and sedative drugs. Exclusion criteria: absence of more than two sessions in class; absence of one of the meetings pre or post test.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **150**

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, Shiraz University of Medical Science

Street address

Ethics committee of Shiraz University of Medical Science, Shiraz University of Medical Science, Zand Street, Shiraz, Fars, Iran.

City

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Postal code

71348-14336

Approval date

2015-03-02, 1393/12/11

Ethics committee reference number

CT_9370_7400

Health conditions studied

1

Description of health condition studied

Anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

Primary outcomes

1

Description

State anxiety

Timepoint

Before and one day after of the intervention

Method of measurement

Spielberger state anxiety inventory

2

Description

Trait anxiety

Timepoint

Before and one day after of the intervention

Method of measurement

Spielberger trait anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description

In the first group are involved relaxation. In this method Jacobson relaxation technique is used. This is the fifth consecutive session a week for 45 minutes to 50 nursing students was conducted. In all sessions students with researcher implement this technique. While this method should be practiced at home every day for 5-10 minutes. In each session, especially in the final session feedback will be about the feelings of students.

Category

Other

2

Description

Support groups are involved in the second group. This 5 consecutive sessions per week for 45-minute sessions for 50 nursing students was conducted. In this method people can be divided into 5 groups of 10 people. The members of each group under the supervision of the researcher as facilitator share experiences, hopes, solutions, ... and at the end of each session to share this experience with other groups and will be discussed. In the final session, all solutions are reviewed and taken feedback from students about different feelings.

Category

Other

3

Description

Control groups receive no intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemeh(P.B.U.H) School of Nursing and Midwifery

Full name of responsible person

Camellia Torabizadeh, PH.D in Nursing

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of
Medical Science

Full name of responsible person

Dr. Sayyed Basir Hashemi

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Vice chancellor for research, Shiraz University of
Medical Science, Zand Street, Shiraz, Fars, Iran.

City

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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

Vice chancellor for research, Shiraz University of Medical
Science

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

Shiraz University of Medical Science

Full name of responsible person

Camellia Torabizadeh

Position

PH.D in Nursing

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

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

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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