

# 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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+98 71 3230 5410

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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**

Shiraz

##### **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**

Shiraz

**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**

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

Faculty of Nursing and Midwifery, Namazi Square,

## Person responsible for scientific inquiries

#### Contact

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## Person responsible for updating data

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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*