

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

Summary

The aim of this study was to compare the effect of relaxation and support group on happiness in nursing students. The study is intervention, comparative, randomized controlled trial and is single blind. The main criteria for inclusion: according to the Oxford Happiness Inventory, scores have less than 50; 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: Increase happiness scores in students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015061021298N2**

Registration date: **2017-02-01, 1395/11/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-02-01, 1395/11/13

Registrant information

Name

Sanaz Bostani

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3230 5410

Email address

sanaz.bostani@gmail.com

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Science

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

Scientific title

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

Public title

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

Purpose

Treatment

Inclusion/Exclusion criteria

The main criteria for inclusion: according to the Oxford Happiness Inventory, scores have less than 50; 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.

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 Sciences

Street address

Ethics committee of Shiraz University of Medical Sciences, Shiraz University of Medical Sciences, 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**

Happiness

ICD-10 code

Z76.9

ICD-10 code description

Person encountering health services in unspecified circumstances

Primary outcomes**1****Description**

Happiness

Timepoint

Before and one day after of the intervention

Method of measurement

Oxford happiness questionnaire

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

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

Street address

Fatemeh(P.B.U.H) School of Nursing and Midwifery, Namazi Square, Shiraz, Fars, Iran.

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Dr. Sayyed Basir Hashemi

Street address

Vice chancellor for research, Shiraz University of Medical Sciences, 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 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

Shiraz University of Medical Sciences

Full name of responsible person

Camellia Torabizadeh

Position

PH.D in Nursing

Other areas of specialty/work

Street address

Faculty of Nursing and Midwifery, Namazi Square, Shiraz, Fars, Iran.

City

Shiraz

Postal code

1978-71345

Phone

+98 71 3647 4254

Fax

+98 36474252

Email

camellia_torabizadeh@yahoo.com;
torabik@sums.ac.ir

Web page address

nurs-midwif.sums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Sanaz Bostani

Position

Master Science in Nursing

Other areas of specialty/work

Street address

Faculty of Nursing and Midwifery, Namazi Square, Shiraz, Fars, Iran.

City

Shiraz

Postal code

1978-71345

Phone

+98 71 3647 4254

Fax

+98 36474252

Email

sanaz.bostani@gmail.com; torabik@sums.ac.ir

Web page address

nurs-midwif.sums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Sanaz Bostani

Position

Master Science in Nursing

Other areas of specialty/work

Street address

Faculty of Nursing and Midwifery, Namazi Square, Shiraz, Fars, Iran.

City

Shiraz

Postal code

1978-71345

Phone

+98 71364742548

Fax

+98 36474252

Email

sanaz.bostani@gmail.com

Web page address

nurs-midwif.sums.ac.ir

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