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
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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

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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
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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

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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