

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

Comparison of the effects of music and muscle relaxation on sleep quality in elderly people referring to the Jahandidegan center in Shiraz 2014-2015

Protocol summary

Summary

The study compared the effects of music and relaxation on the quality of sleep of elderly people referring to the Jahandidegan center in Shiraz. Inclusion criteria: Adults over 60 years; Earned a score higher than 5 on the basis of a Pittsburgh questionnaire; Physical ability to exercise relaxation; Having good hearing. Exclusion criteria: Using hypnotic and sedative drugs; Use methods such as listening to music or relaxation for sleep to attend classes or do it on your own; Catch life-threatening diseases. Participants in this study included three groups of 35 people to a total of 105 people have been taken into account. Case study: After randomly assigned to 3 groups of 35 people, music, relaxation and control, training the two groups separately done and after 4 weeks on the intervention effect is observed. The consequences of the study: Recognition of the effectiveness of each method listening to music and relaxation can help to choose and use it as an affordable way for education to the elderly to improve sleep quality and get rid of the age-related sleep disorders.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015051822141N1**

Registration date: **2015-05-18, 1394/02/28**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-05-18, 1394/02/28

Registrant information

Name

Farzaneh Bolori

Name of organization / entity

Shiraz University of Medical Sciences

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2015-05-16, 1394/02/26

Expected recruitment end date

2015-06-16, 1394/03/26

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effects of music and muscle relaxation on sleep quality in elderly people referring to the Jahandidegan center in Shiraz 2014-2015

Public title

Comparison between effect of music and relaxation on sleep

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Age over 60 years; Being able to answer questions research; Willingness to participate in research; Earn the higher score of 5 based on a

Pittsburgh questionnaire; The ability to exercise physical relaxation; Having good hearing. Exclusion criteria: Personal desire to absence or cessation of cooperation; New motor and mental and physical problems during the study; The absence of adequate or timely and coordinated intervention with group; Having a chronic mood and cognitive disorders; Catch life-threatening diseases such as cancer, kidney disease, anemia, etc. by asking question from the participant and according to his statement; Using hypnotic and sedative drugs; Use methods such as listening to music or relaxation for sleep to attend classes or do it on your own

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **105**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences Ethics Committee

Street address

7th floor, Central Building of Shiraz University of Medical Sciences, Zand Street,

City

Shiraz, Fars

Postal code

Approval date

2015-04-20, 1394/01/31

Ethics committee reference number

947463

Health conditions studied

1

Description of health condition studied

sleep quality

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes

1

Description

Sleep quality

Timepoint

Before the intervention - 4 weeks after intervention

Method of measurement

Pittsburgh sleep quality questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention in music group include music for 1 session in Jahandidegan Center and then sharing the CD of music to people for hearing it before sleep in home

Category

Rehabilitation

2

Description

In muscle relaxation group, teaching of muscle relaxation for 3 session (30 minute) within 3 days in Jahandidegan Center, and make sure it is done properly by the elderly and learning to do this exercise at home as much as 2 times a day (1 times during the day and 1 time before bed).

Category

Rehabilitation

3

Description

The control group did not receive training and they do not interfere.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shiraz Jahandidegan Center

Full name of responsible person

Roya Razavi, Master of Educational Psychology

Street address**City**

shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Basir Hashemi

Street addressShiraz University of Medical Sciences, Zand Blvd,
Namazi square-**City**

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

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**

State Welfare Organization of Fars Province

Full name of responsible person

Roya Razavi

PositionMaster of Educational Psychology, Director of
Jahandidegan Center**Other areas of specialty/work****Street address**

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Shahrzad Yektatalab

Position

Psychiatric Nursing Ph.D.

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Web page address**Person responsible for updating data****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

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Position

Nurse

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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