

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of progressive muscle relaxation program on sleep quality in pre-university students

Protocol summary

Summary

The aim of this study was to determine the effects of progressive muscle relaxation on sleep quality pre-university students. In this clinical trial, 46 pre-university students from public schools Malayer city that inclusion criteria are randomized into two groups of progressive muscle relaxation (test) and take control. In the case group of progressive muscle relaxation training program will be asked to do this once a day for a month. The instruments are "Pittsburgh Sleep Quality Index", sheet relaxation and demographic questionnaire. The sleep quality of the samples using "Pittsburgh Sleep Quality Index", will be measured at the beginning and end of the intervention. Inclusion criteria include: Students who do not have any history of sleep disorders. Mourning history and history of hospitalization in the last 6 months have not, do not have any history of drug use and the completion of "Pittsburgh Sleep Quality Index", 5 and have more business and exclusion criteria were: non-completion questionnaire, failure to attend educational sessions, participate in any class consultation with psychiatrists, occurring situations disaster near death, parental divorce, accident, illness and possible hospitalization during treatment, do relaxation program forward less than 15 times intervention

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080123450N1**

Registration date: **2015-09-06, 1394/06/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-09-06, 1394/06/15

Registrant information

Name

Tahereh Roozbahani

Name of organization / entity

Shahid Beheshti University of Medical Sciences,
School of Nursing and Midwifery

Country

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Phone

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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences, Faculty of Nursing and Midwifery Research Committee

Expected recruitment start date

2014-10-22, 1393/07/30

Expected recruitment end date

2015-01-20, 1393/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation program on sleep quality in pre-university students

Public title

effect of relaxation on sleep quality

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria of the study include: students do not have history of disease such as cancer, diabetes cardiovascular problems, hepatitis, epilepsy, muscular

paralysis, anemia, ulcers, asthma, kidney problems, migraine headaches and sleep disorders; do not have a history of mourning in the last 6 months; do not have history of hospitalization in the last 6 months; do not have a history of taking certain medications; have the necessary cooperation for the study; the completion of "quality index Pittsburgh Sleep ", 5 and have won more. Exclusion criteria included: failure to complete the questionnaire; absence of training sessions; not wanting to continue the cooperation in the study; participate in any class consultation with psychiatrists who study its possible impact on psychological variables; the occurrence of adverse situations such as the death of someone close; Her parents' divorce and an accident that reduces a person's motivation to continue the study; the risk of illness and hospitalization during treatment; perform progressive relaxation program more than 15 times during a month-long intervention

Age

From **16 years** old to **19 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **46**

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**

Shahid Beheshti University of Medical Sciences
Faculty of Nursing and Midwifery

Street address

Shahid Beheshti Faculty of Nursing and Midwifery,
Niyayesh Intersection, Valiasr Avenue

City

Tehran

Postal code**Approval date**

2015-05-01, 1394/02/11

Ethics committee reference number

SBMU2.REC.1394.15

Health conditions studied**1****Description of health condition studied**

sleep disorder

ICD-10 code

f51

ICD-10 code description

Nonorganic sleep disorders

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

sleep quality

Timepoint

before and 30 days after relaxation

Method of measurement

Pittsburgh sleep quality index

Secondary outcomes

empty

Intervention groups**1****Description**

In the experimental group, progressive muscle relaxation program that during the 5 sessions of educational CD, booklet and PowerPoint students will be trained and they will be asked to once a day for a month bedtime this program do

Category

Behavior

2**Description**

In the control group not trained and there is no action

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Seyfiyeh High school

Full name of responsible person

Tahereh Roozbahani

Street address

Alley Emamy, Park Avenue

City

Malayer

2

Recruitment center

Name of recruitment center

Fatemieh High school

Full name of responsible person

Tahereh ROOZBAHANI

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Rajai Alley, Sadi Avenue

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3

Recruitment center

Name of recruitment center

Motahary High school

Full name of responsible person

Tahereh Roozbahani

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Shahid Sadogi Alley, Barg Ball Avenue

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Recruitment center

Name of recruitment center

Eshgi Fard High school

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

School of Nursing and Midwifery shahid Beheshti

Full name of responsible person

Amirhosayn Barbaz Esfahani

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Shahid Beheshti Faculty of Nursing and Midwifery,
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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

School of Nursing and Midwifery shahid Beheshti

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Kiarash Saatchi

Position

Physical Therapist

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

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Person responsible for scientific inquiries

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Full name of responsible person

Manigeh Norian

Position

PhD Student in Nursing Education

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Position

MS nursing

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Web page address**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