

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Effective of progressive muscle relaxation on anxiety in pre university students

Protocol summary

Summary

The aim of this study was to determine the effects of progressive muscle relaxation on anxiety in pre-university students. In this clinical trial, 46 students from pre-university public schools in Malayer city were randomly assigned to two groups: progressive muscle relaxation (test) and control. In the test group, the progressive muscle relaxation program will be taught, and they will be asked to practice it once a day for a month, the night before. The instruments used were the "Beck Anxiety Inventory" and a demographic questionnaire. Anxiety scores of the samples using the "Beck Depression Inventory" were measured at the beginning, during, and end of the intervention. Inclusion criteria include: students who have no history of disease and anxiety disorders, no mourning history, and no hospitalization in the last 6 months. Exclusion criteria include: failure to complete the questionnaires, absence of training sessions, participation in any class counseling by a psychiatrist, occurrence of disaster situations near death, parental divorce, accident, illness, and hospitalization during the study period. The likelihood of interference is less than 15 times in the intervening time.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015083123450N3**

Registration date: **2016-04-17, 1395/01/29**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-04-17, 1395/01/29

Registrant information

Name

Tahereh Roozbahani

Name of organization / entity

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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

2016-02-19, 1394/11/30

Expected recruitment end date

2016-04-19, 1395/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effective of progressive muscle relaxation on anxiety in
pre university students

Public title

The effect of relaxation on anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: no history of disease such as cancer,
diabetes, cardiovascular disease, thyroid disorders,
hepatitis, epilepsy, muscular paralysis, anemia, ulcers,

asthma, kidney problems, migraine and not have anxiety disorders, history of mourning 6 months do not have, do not have a history of hospitalization in the last 6 months, do not have any history of drug use, have the necessary cooperation for the study. Exclusion criteria: non-completion questionnaires; absence of training sessions; a lack of desire to continue cooperation in the study, illness and hospitalization during the intervention; doing relaxation program more than 15 times in the intervening time

Age

From **17 years** old to **19 years** old

Gender

Both

Phase

2-3

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**

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

sbmu.rec.1394.15

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

anxiety

ICD-10 code

f42

ICD-10 code description

Obsessive-compulsive disorder

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

anxiety

Timepoint

before, during and 30 days after relaxation

Method of measurement

Beck anxiety Inventory

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**

The control group received no intervention does not take place, but the end of the study can be controlled.

Category

N/A

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

Seyfiyeh High school

Full name of responsible person

Tahereh Roozbahani

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Malayer

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

vice chancellor for research, School of Nursing and

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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
vice chancellor for research, 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

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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