Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effects of applying progressive muscle relaxation technique on fatigue and sleep quality of patients with multiple Sclerosis

Protocol summary

Summary

The aim of this study was to investigate the effect of progressive muscle relaxation technique on fatigue and sleep disorders of multiple sclerosis patients. Sixty seven patients with multiple sclerosis from Yavar multiple sclerosis society (Gorgan city) were enrolled to receive educational program for 7 weeks. The study was performed in single group, before and after the intervention. Inclusion criteria: Ability to read and write, living in Gorgan city, membership of the MS Society and exclusion criteria: Presence of other diseases such as mental disorder, or other neurologic disorders, and addiction. Data collection tools were Pittsburgh sleep quality Index and fatigue severity scale questionnaire that were completed by patients before and after intervention. The primary outcome was fatigue severity and secondary outcome was sleep quality of patients with multiple sclerosis.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015081223600N1**
Registration date: **2015-09-08, 1394/06/17**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2015-09-08, 1394/06/17

Registrant information

Name

Fateme Zargarani

Name of organization / entity

Tehran Medical Branch , Islamic Azad University

Country

Iran (Islamic Republic of)

Phone

+98 17 3254 4924

Email address

f.zargarani@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad university Tehran, medical branch

Expected recruitment start date

2014-09-06, 1393/06/15

Expected recruitment end date

2015-01-05, 1393/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of applying progressive muscle relaxation technique on fatigue and sleep quality of patients with multiple Sclerosis

Public title

Effects of muscle relaxation technique on fatigue and sleep in multiple sclerosis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Ability to read and write, living in Gorgan city, membership of the MS Society Exclusion criteria: Presence of other diseases such as mental disorder, or other neurologic disorders, addiction

Age

From **79 years** old to **30 years** old

Gender

Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **67**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Islamic Azad University Tehran Medical Branch ethics committee
Street address
Khaghani st. Shariati Ave. Tehran Medical Branch, Islamic Azad University, Tehran, Iran
City
Tehran
Postal code
1916893813
Approval date
2015-05-23, 1394/03/02
Ethics committee reference number
1069

Health conditions studied

1

Description of health condition studied
Multiple sclerosis
ICD-10 code
G35
ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
sleep quality
Timepoint
50 days after Intervention
Method of measurement
Pittsburgh sleep quality Index

2

Description
fatigue severity
Timepoint
50 days after Intervention
Method of measurement
Fatigue severity scale questionnaire

Secondary outcomes

1

Description
demographic factors
Timepoint
50 days after intervention
Method of measurement
demographic factors questionnaire

Intervention groups

1

Description
Applying progressive muscle relaxation technique in 67 patients for 7 weeks in single group.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Yavar MS Society, Gorgan
Full name of responsible person
Vice chancellor for research, islamic azad university Tehran, medical branch
Street address
Khaghani st. Shariati Ave. Tehran Medical Branch, Islamic Azad University, Tehran, Iran
City
Gorgan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University Tehran Medical Branch
Full name of responsible person
Fateme Zargarani
Street address
Khaghani st. Shariati Ave. Tehran Medical Branch, Islamic Azad University, Tehran, Iran.
City

Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Islamic Azad University Tehran Medical Branch

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

Tehran Medical Branch , Islamic Azad University

Full name of responsible person

Fateme zargarani

Position

Msc Student

Other areas of specialty/work

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Person responsible for updating data

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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