Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effect of Progressive Muscle Relaxation Technique on the quality of sleep and fatigue in patients with multiple Sclerosis

Protocol summary

Summary

50 patients with MS were randomly divided into two groups (intervention= 25) and (control= 25). For the intervention group, teaching relaxation techniques will be done as a team work for 4 days.Then this technique will be practice at home by the patients ,30 to 45 minutes , for two months. In the control group there was no intervention. After the necessary training and creating relaxation in the intervention groups, the quality of sleep and fatigue will be assessed before and after intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015112923600N2**
Registration date: **2016-03-15, 1394/12/25**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-03-15, 1394/12/25

Registrant information

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Recruitment status

Recruitment complete

Funding source

Deputy of research and technology, Golestan University of Medical Science

Expected recruitment start date

2015-12-22, 1394/10/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Progressive Muscle Relaxation Technique on the quality of sleep and fatigue in patients with multiple Sclerosis

Public title

The Effect of Progressive Muscle Relaxation Technique on the quality of sleep and fatigue

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: Having age between 15 to 60 years, Ability to read and write, Not in the acute phase, Living in Gorgan, EDSS desired Expanded Disability Status (Score between 0 and 5.5) Exclusion criteria: Drug addiction, Relapse in three months, Not participating in meetings, Withdrawal from continuing to work for any reason, History of relaxation techniques, The risk of other serious health disorders, Serious psychiatric disorder, Sedating medications

Age

From **15 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked
No information
Sample size
Target sample size: **50**
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 of the Golestan University of Medical Sciences
Street address
Golestan university of Medical Scinece, Deputy of research and technology
City
Gorgan
Postal code
Approval date
2015-11-22, 1394/09/01
Ethics committee reference number
IR.GOUMS.REC.1394.198

Health conditions studied

1

Description of health condition studied
quality of sleep and fatigue
ICD-10 code
F10-F19
ICD-10 code description
Mental and behavioural disorders

Primary outcomes

1

Description
sleep quality
Timepoint
Before and after intervention
Method of measurement
Pittsburgh Sleep Quality Index

2

Description
Fatigue
Timepoint
Before and after intervention
Method of measurement
Fatigue severity scale index

Secondary outcomes

1

Description
The recurrence rate in the last year
Timepoint
At the beginning of the study
Method of measurement
According to the person

Intervention groups

1

Description
Intervention Group have 25 patient with MS. For the intervention group, learning relaxation techniques can be done as a group for 4 days.Techniques for homework at home by the patient for 30 to 45 minutes runs for two months
Category
Other

2

Description
In the control group there was no intervention
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
MS Society of Gorgan
Full name of responsible person
Fatemeh Zargarani
Street address
5 Azar Hospital
City
Gorgan

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Deputy of Research and Technology- Golestan University of Medical Sciences

Full name of responsible person
Fatemeh Zargarani
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Deputy of Research and Technology, Golestan University of Medical Sciences
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Gorgan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Deputy of Research and Technology- Golestan 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
Deputy of Research and Technology- Golestan Reaserch Center of Psychiatry
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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