Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison of Benson’s relaxation and systematic desensitization on anxiety Nurses in Emam Khomeini hospital of Borujerd

Protocol summary

Summary
Goal: the goal of this study was to investigate the effects of Benson’s relaxation and systematic desensitization on nurses anxiety. Methods of education: randomized. Inclusion criteria: moderate or highrt score instate-trait anxiety inventory. Exclusion criteria: leave more than two session of intervention. sample siza: 144. Interventions: Benson’s relaxation in 3 session and systematic desensitization in 4 sessions. Dependent variable: anxiety.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2015112325207N1**
Registration date: **2016-01-24, 1394/11/04**
Registration timing: **retrospective**

Last update:
Update count: **0**
Registration date
2016-01-24, 1394/11/04

Registrant information
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Recruitment status
Recruitment complete
Funding source
Vice-chancellor for research and education, Arak University of Medical Sciences

Expected recruitment start date
2015-12-22, 1394/10/01
Expected recruitment end date
2016-01-21, 1394/11/01
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Comparison of Benson’s relaxation and systematic desensitization on anxiety Nurses in Emam Khomeini hospital of Borujerd

Public title
Benson’s relaxation and systematic desensitization on anxiety
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria: work experience of at least 6 months in the center; do not use psychiatric medications in the past 1 month; no Leave more than two weeks in the last month. Exclusion criteria: nurses who were absent for more than 2 sessions; people who participate in other stress management workshops; leave or transfer to another hospital; faced with a crisis like the death of someone close.
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information

Sample size
Target sample size: **144**
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
Arak University of Medical Sciences
Street address
Arak University of Medical Sciences, Alamolhoda St., Rahahan Sq.
City
Arak
Postal code
Approval date
2015-10-23, 1394/08/01
Ethics committee reference number
IR.ARAKMU.REC.1394.208

Health conditions studied

1

Description of health condition studied
anxiety
ICD-10 code
F41.9
ICD-10 code description
Anxiety disorder, unspecified

Primary outcomes

1

Description
Anxiety
Timepoint
Pretest and post test
Method of measurement
State-trait anxiety inventory

Secondary outcomes

empty

Intervention groups

1

Description
Benson’s relaxation
Category
Behavior

2

Description
systematic desensitization
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Emam Khomeini hospital of Borujerd
Full name of responsible person
Street address
City
Borujerd

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Dr. Rafei
Street address
Arak University of Medical Sciences, Alamolhoda St., Rahahan Sq.
City
Arak
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Arak 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

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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