

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

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

Protocol summary

Vice-chancellor for research and education, Arak
University of Medical Sciences

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 high score in state-trait anxiety inventory. Exclusion criteria: leave more than two sessions of intervention. sample size: 144. Interventions: Benson's relaxation in 3 sessions and systematic desensitization in 4 sessions. Dependent variable: anxiety.

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

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

Name

Khatereh Goodarzi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

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.,
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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

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

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr. Mahbubeh Sajadi Hazaveh

Position

Assistant Professor

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Student

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Fax

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