

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effectiveness of music therapy based on traditional Iranian music on insomnia , sleep quality , depression, anxiety and stress in men with primary insomnia

Protocol summary

Summary

1-objective: Effectiveness Of Music Therapy.2- Design Of Study: (the insomnia students-interventional group: receive music therapy, control group: not receive music therapy- size of sample: 30- Randomized- Double Blind with control group)3 - Method Of study:experimental group receive music therapy but control group not receive music therapy4-: Inclusion criteria: student of kums with insomnia .exclusion criteria: drug consumption. sample size:30 -intervention time: 11month - main outcome measures: using music therapy for treatment of insomnia 5-intervention : music therapy

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017040425817N3**
Registration date: **2017-09-27, 1396/07/05**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-09-27, 1396/07/05

Registrant information

Name

Ali Akbar Parvizi Far

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 918 330 8692

Email address

aa.parvizif@kums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kermanshah University Of Medical Science

Expected recruitment start date

2017-01-20, 1395/11/01

Expected recruitment end date

2017-12-22, 1396/10/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of music therapy based on traditional Iranian music on insomnia , sleep quality , depression, anxiety and stress in men with primary insomnia

Public title

Effectiveness of music therapy based on traditional Iranian music on insomnia , sleep quality , depression, anxiety and stress in men with primary insomnia

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:1- student of kums(kermanshah university of medical science) 2- insomnia patient
exclusion criteria : 1- Do not participate in all therapy session

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Double blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

ethics committee in search of Kermanshah University
Of Medical Science

Street address

kermanshah- University Of Medical Science

City

kermanshah

Postal code**Approval date**

2017-03-08, 1395/12/18

Ethics committee reference number

kums.rec.1395.758

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

insomnia

ICD-10 code

G470

ICD-10 code description

Disorders of initiating and maintaining sleep [insomnias]

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

insomnia

Timepoint

six week after intervention

Method of measurement

Psqi- Isi- DASS

Secondary outcomes**1****Description**

depression

Timepoint

six week after intervention

Method of measurement

DASS

2**Description**

anxiety

Timepoint

six week after intervention

Method of measurement

DASS

Intervention groups**1****Description**

control group: not receiving any specific treatment.

Category

N/A

2**Description**

1-intervention group: receiving alive music in 6 session
and every session is one hour and listen to tape of music
during week

Category

Treatment - Other

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

Kermanshah University of Medical Sciences

Full name of responsible person

ali akbar parvizi fard

Street address

kermanshah- bagh abrisham-

City

kermanshah

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

Kermanshah university Of Medical Sciences

Full name of responsible person

Dr. behrooz hamzeh

Street address

kermanshah- Aiatollah beheshti street- Kermanshah
University Of Medical sciences- Deputy of research

and technology

City

kermanshah

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Kermanshah university Of Medical Siences

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

Kermanshah University Of Medical Siences

Full name of responsible person

Dr. A.A parvizifard

Position

Phd counselling psychology- member of faculty

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Web page address

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