

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 2026

The effect of stretching exercises on Restless leg syndrome and sleep quality in patients with multiple sclerosis.

Protocol summary

Summary

The aim of this study was to determine the effect of stretching exercises on restless leg syndrome and quality of sleep in patients with multiple sclerosis. In this clinical trial, 50 patients with multiple sclerosis Kermanshah city who have inclusion criteria were selected randomly in two groups stretching exercises (test) and control. Tools used "International group of restless leg syndrome", "Pittsburgh Sleep Quality Index," "Scale rating of restless leg syndrome", "Exercise record sheets". Severity of restless leg syndrome and sleep quality will be measured terminals Before intervention and the end of the fourth week and eighth week. Inclusion criteria included: patients are with restless leg syndrome have: full consciousness: not in the stage of acute and chronic multiple sclerosis: not in the stage of acute and chronic multiple sclerosis: they are able to do stretching exercises: do not consume hypnotic drug and affecting leg syndrome restless. exclusion criteria included: no exercise for three consecutive sessions and six sessions generally.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041627427N1**

Registration date: **2016-05-23, 1395/03/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-05-23, 1395/03/03

Registrant information

Name

Maryam Ayarehgar

Name of organization / entity

shahid Beheshti Faculty of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 83 3839 8441

Email address

m.eyarehgar@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Research Committee Shahid Beheshti University of Medical Sciences, School of Nursing and Midwifery

Expected recruitment start date

2015-11-22, 1394/09/01

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

The effect of stretching exercises on Restless leg syndrome and sleep quality in patients with multiple sclerosis.

Public title

Stretching the effect of RLS and sleep quality

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients are with restless leg syndrome: have full consciousness: not in the stage of acute and chronic multiple sclerosis: they are able to do stretching exercises: do not consume hypnotic drug and affecting leg syndrome restless. The exclusion criteria were: lack of exercise for 3 consecutive days and six

general meeting

Age

No age limit

Gender

Both

Phase

2-3

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 Shahid Beheshti University of
Medical Sciences Faculty of Nursing and Midwifery

Street address

Shahid Beheshti Faculty of Nursing and Midwifery,
Niyayesh Intersection, Valiasr Avenue

City

Tehran

Postal code

22439914

Approval date

2015-10-23, 1394/08/01

Ethics committee reference number

IR.SBMU.PHNM.1394.185

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

Restless Leg Syndrome

ICD-10 code

G25.8

ICD-10 code description

Other specified extrapyramidal and movement

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

severity of RLS symptoms

Timepoint

Before the intervention, the end of the fourth week, the
end of the eighth week

Method of measurement

"Restless leg syndrome rating scale"

2**Description**

Sleep Quality

Timepoint

Before the intervention, the end of the fourth week, the
end of the eighth week

Method of measurement

"Pittsburgh Sleep Quality Index"

Secondary outcomes

empty

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

In the experimental group, Stretching exercises will be
performed three times a week for eight weeks and
questionnaires "Pittsburgh Sleep Quality Index" and
"evaluate the severity of symptoms of restless leg
syndrome" will be completed the begging, end of 4th
week and 8th week

Category

Other

2**Description**

The control group questionnaires "Pittsburgh Sleep
Quality Index and "evaluate the severity of symptoms of
restless leg syndrome" will be completed at the
beginning, end of 4th week and 8th week. No
intervention for the control group.

Category

N/A

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

Association of Multiple Sclerosis Patients

Full name of responsible person

Maryam Ayarehgar

Street address

108 alley, Nith Avenue, Kermanshah

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

vice chancellor for research, School of Nursing and Midwifery shahid Beheshti

Full name of responsible person

Amirhosayn Barbaz Esfahani

Street address

Shahid Beheshti Faculty of Nursing and Midwifery, Niyayesh Intersection, Valiasr Aveniu

City

Tehran

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

vice chancellor for research, School of Nursing and Midwifery shahid Beheshti

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**

shahid Beheshti Faculty of Nursing and Midwifery

Full name of responsible person

Mimanat Hosseini

Position

Assitant professor PHD

Other areas of specialty/work**Street address**

Shahid Beheshti Faculty of Nursing and Midwifery, Niyayesh Intersection, Valiasr Aveniu

City

Tehran

Postal code

22439914

Phone

+98 21 8865 5366

Fax**Email**

meimanathosseini@yahoo.com

Web page address

Person responsible for scientific

inquiries

Contact**Name of organization / entity**

shahid Beheshti Faculty of Nursing and Midwifery

Full name of responsible person

Meimant Hosseini

Position

Assistant Professor PHD

Other areas of specialty/work**Street address**

Shahid Beheshti Faculty of Nursing and Midwifery, Niyayesh Intersection, Valiasr Aveniu

City

Tehran

Postal code

22439914

Phone

+98 21 8865 5366

Fax**Email**

meimanathosseini@yahoo.com

Web page address

Person responsible for updating data

Contact**Name of organization / entity**

Shahid Beheshti University of Medical Sciences, School of Nursing and Midwifery

Full name of responsible person

Maryam Ayarehgar

Position

ms nursing

Other areas of specialty/work**Street address**

108 alley, Ninth Avenue, Kermanshah

City

Kermanshah

Postal code

6714697614

Phone

+98 83 3839 8441

Fax**Email**

maryamayaregar@yahoo.com

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

