Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of Progressive Muscle Relaxation Technique on Happiness and Quality of Life among Elderly

Protocol summary

Study aim
Effect of progressive muscle relaxation on the happiness and quality of life of the elderly
Design
In this randomized clinical trial, 66 elderly members of the Saheb-alzaman neighborhood of Tehran district 14 were selected and randomly divided into control and test groups by block randomization method.
Settings and conduct
Saheb-alzaman neighborhood in the municipality of district 14 of Tehran
Participants/Inclusion and exclusion criteria
Entry requirements: 60 years old, member of the neighborhood, vigilant and responsive, physically and mentally capable. Conditions of non compliance: neurological defects, cardiovascular disorders, chronic unstable diseases, history of anxiety disorders.
Intervention groups
In the experimental group, the progressive Muscle Relaxation is trained. There is no intervention in the control group.
Main outcome variables
Happiness, Quality of Life

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20170221032716N1**
Registration date: **2018-01-07, 1396/10/17**
Registration timing: **retrospective**

Last update: **2018-01-07, 1396/10/17**
Update count: **0**
Registration date
2018-01-07, 1396/10/17

Registrant information
Name
Seyed javad Tabatabaei
Name of organization / entity
Shahed university
Country
Iran (Islamic Republic of)
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2017-04-09, 1396/01/20
Expected recruitment end date
2017-08-31, 1396/06/09
Actual recruitment start date
2017-04-15, 1396/01/26
Actual recruitment end date
2017-09-06, 1396/06/15
Trial completion date
empty

Scientific title
Effect of Progressive Muscle Relaxation Technique on Happiness and Quality of Life among Elderly

Public title
Effect of Progressive Muscle Relaxation Technique on Happiness and Quality of Life among Elderly
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Aged 60 years and up Membership in the Senior Citizens' Club in Saheb Al-Zaman neighborhood, District 14 of Tehran Participants are fully aware of the study and are able to answer questions and become available

Physically active and able to do ordinary and daily work without any dependence on others Physical and mental health of the individuals will be confirmed by the trustee in the neighborhood

Exclusion criteria:

Neurological defects (stroke, Parkinson's disease and paralysis) Cardiovascular disorders (acute myocardial infarction, acute heart failure and uncontrolled hypertension) Chronic unstable diseases (diabetes and malignancies), severe congenital defects and limb musculoskeletal disorders The history of anxiety disorder diagnosed according to a doctor's diagnosis

Age

From **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

More than 1 sample in each individual

Number of samples in each individual: **1**

Each participant is a sample.

Actual sample size reached: **66**

More than 1 sample in each individual

Actual sample size in each individual: **1**

Each participant is a sample.

Randomization (investigator's opinion)

Randomized

Randomization description

Block randomization

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

The Ethics Committee for Medical Research at Shahed University

Street address

Tehran, Persian Gulf Highway, opposite the Imam Khomeini Priest's holy shrine

City

Tehran

Province

Tehran

Postal code

3319118651

Approval date

2017-02-28, 1395/12/10

Ethics committee reference number

IR.Shahed.REC.1395.198

Health conditions studied

1

Description of health condition studied

happiness and quality of life

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Happiness

Timepoint

Happiness measurement at the beginning of the study (before the intervention) and three months later

Method of measurement

Oxford Happiness Inventory

2

Description

Quality of Life

Timepoint

Measurement of quality of life at the beginning of the study (before intervention) and three months later

Method of measurement

Quality of life questionnaire for the elderly LEIPAD

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Progressive muscle relaxation by a researcher to the elderly is taught in 1-2 sessions for 60-90 minutes.The elderly are asked to do these exercises three times a week, 20 minutes each and every three months.The method of work is that the muscles of the body are divided into 16 groups, including the muscles of the hands and the lower part, the arm, the forehead, the muscles of the central part of the face, the lower face of the face and the jaw, neck, chest muscles, shoulders and upper back, abdominal muscles or stomach, The thighs and the muscles of the floor and the toe are divided.PMR consisted of two processes namely tensing and relaxing of muscle groups in the body, tensing for 5 seconds and relaxation for 10 seconds.The elderly are asked to repeat the training given in the presence of the researcher.For the better

learning and effective implementation of the relaxation technique at home, the elderly is given an educational paper.

Category

Lifestyle

2

Description

Control group: There are no interventions in this group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health home in Saheb Al Zaman neighborhood

Full name of responsible person

Firoozeh Tariverdi

Street address

Golpirad Park, not reaching Imam Ali (AS) highway, Pasdare gomnam Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahed University

Full name of responsible person

Zahra Kiasalari

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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

Shahed University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Shahed University

Full name of responsible person

seyed javad tabatabaei

Position

Masters student - Geriatric Nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Faculty of Nursing and Midwifery Shahed University, Rahimzadeh Alley, Not reaching Taleghani Crossing, Vali Asr Street

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahed University

Full name of responsible person

Mohammad Reza Heidari

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact
Name of organization / entity
Shahed University
Full name of responsible person
Seyed Javad Tabatabaei
Position
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Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available