

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

Effect of Benson relaxation technique on anxiety and comfort in patients before CABG

Protocol summary

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Summary

This study is a randomized control trial to determine the Effect of Benson relaxation technique on anxiety and comfort in patients before CABG, who were referred to Buali Hospital in Ghazvin City, were our statistical research community. Of them, 64 patients were selected based on inclusion criteria and they were randomly divided into two experimental and control groups using table of random numbers. For relaxation intervention groups for two sessions of practice on the evening before and the morning of surgery for every 30 minutes was conducted by headphone. Patients filled kolcaba comfort and Eshpel Burgers anxiety Inventory before and after the intervention.

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Islamic Azad University
Tehran Medical Branch

Expected recruitment start date

2016-10-23, 1395/08/02

Expected recruitment end date

2017-02-01, 1395/11/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017042133005N1**

Registration date: **2017-04-21, 1396/02/01**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-04-21, 1396/02/01

Registrant information

Name

Masoumeh Sahrakheil

Name of organization / entity

Islamic Azad University Tehran Medical Branch

Country

Iran (Islamic Republic of)

Phone

+98 28 2282 5065

Email address

Scientific title

Effect of Benson relaxation technique on anxiety and comfort in patients before CABG

Public title

Effect of Benson relaxation technique on anxiety and comfort

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Experience first open heart surgery and other emergency and coronary artery bypass; the age of 30 years and older, sober, understanding content in Farsi; no history of psychiatric diseases known, no addiction to drugs and alcohol, lack of skin problems. Exclusion criteria: withdrawal to continue cooperation; Death of a patient; changes in hemodynamic status

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 64

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Table of random numbers was used For randomization

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Tehran Medical Branch

Street address

khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Postal code

Approval date

2016-10-23, 1395/08/02

Ethics committee reference number

ir.iau.tmu.rec.1395.217

Health conditions studied

1

Description of health condition studied

Coronary heart disease

ICD-10 code

I70-I79

ICD-10 code description

Diseases of arteries, arterioles and capillaries

Primary outcomes

1

Description

Anxiety

Timepoint

before and after intervention

Method of measurement

Eshpel Burgers' anxiety questionnaire

2

Description

Comfort

Timepoint

before and after intervention

Method of measurement

Colkaba comfort inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: the patients in this group received two sessions of practice on the evening before and the morning of surgery for every 30 minutes was conducted by headphone

Category

Other

2

Description

Control group: There was no intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

BuAli Hospital

Full name of responsible person

Masoumeh sahrakhil

Street address

Adl Blvd, Ferdosi Street, Ghazvin, Iran

City

Ghazvin

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Islamic Azad University
Tehran Medical Branch

Full name of responsible person

Masoumeh Sahrakhil

Street address

Shariati Avenue, Khaghani Street, Tehran

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, Islamic Azad University
Tehran Medical Branch

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

Islamic Azad University Tehran Medical Branch

Full name of responsible person

Masoumeh sahrakhil

Position

Master student of nursing

Other areas of specialty/work

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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