

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of Benson' relaxation technique on the death anxiety and hope in women with breast cancer

Protocol summary

Study aim

To determine the effect of Benson's relaxation technique on the Death Anxiety and hope in women with breast cancer

Design

Firstly, a convenience sample of 100 women with breast cancer will be selected from Velayat Hospital. Then the subjects were assigned to the control and intervention groups (each group contains 50). The researcher will train the relaxation techniques. Subjects will be asked to perform the relaxation for 15 to 20 minutes 2 to 3 times a day. A self-report questionnaire has been developed and provided for the subjects to record their daily performance.

Settings and conduct

The researcher will train the relaxation techniques. Subjects will be asked to perform the relaxation for 15 to 20 minutes 2 to 3 times a day. A self-report questionnaire has been developed and provided for the subjects to record their daily performance.

Participants/Inclusion and exclusion criteria

Inclusion Criteria: Breast Cancer, Ability to communicate in Persian, History of taking anti-anxiety medications, History of participation in training courses (before and during the research); Exclusion Criteria: Unwillingness to continue and lack of cooperation at any time of study, History of neurologic and musculoskeletal disorders, auditory problems, and drug abuse

Intervention groups

Intervention group: In this study, Benson's relaxation technique was used. The researcher will train the relaxation technique individually in Velayat Hospital. The subjects will be asked to do the relaxation for 15 to 20 minutes 2 to 3 times per day. During the period of cancer treatment they will do Benson's relaxation technique for 20 minutes twice a day at 9 am and 5 pm, in a 3-month period and follow up monthly. As individual characteristics affect learning of relaxation technique, and some subjects might forget the technique, a self-

report questionnaire has been developed and provided to the subjects to record their daily performance. Also, contact details will be provided to the subjects in order to contact the researcher in case of any problem or question. Control group: No relaxation technique is taught to the control group.

Main outcome variables

Death Anxiety and hope

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170610034435N8**

Registration date: **2018-03-30, 1397/01/10**

Registration timing: **retrospective**

Last update: **2018-03-30, 1397/01/10**

Update count: **0**

Registration date

2018-03-30, 1397/01/10

Registrant information

Name

Samira Moradipour

Name of organization / entity

Qazvin University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Personal

Expected recruitment start date

2017-05-22, 1396/03/01

Expected recruitment end date

2017-09-22, 1396/06/31

Actual recruitment start date

2017-05-22, 1396/03/01

Actual recruitment end date

2017-10-22, 1396/07/30

Trial completion date

empty

Scientific title

The effect of Benson' relaxation technique on the death anxiety and hope in women with breast cancer

Public title

"Effect of relaxation on Death Anxiety and Hope"

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Breast Cancer Ability to communicate in Persian History of taking anti-anxiety medications History of participation in training courses (before and during the research)

Exclusion criteria:

History of neurologic and musculoskeletal disorders, auditory problems, and drug abuse "Unwillingness to continue and lack of cooperation at any time of study"

Age

No age limit

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **100**

Actual sample size reached: **91**

Randomization (investigator's opinion)

Randomized

Randomization description

This clinical trial followed by a pretest-posttest design with a control group. Initially, 100 patients referred to Velayat Education and Treatment Center in Qazvin were selected based on inclusion criteria using a convenience sampling method and, then, were assigned into two groups, i.e. a control group and an experimental group, using a foursome block random allocation method. Therefore, by 25 choices of the 6 available foursome blocks, the sample size of 100 was reached. Finally, 50 people in the control group and 50 people in the experimental group can be reached in this way.

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 of Qazvin, University of Medical Sciences

Street address

Shahid Bahonar Street, Qazvin University of Medical Sciences

City

Qazvin

Province

Qazvin

Postal code

3419759811

Approval date

2017-04-08, 1396/01/19

Ethics committee reference number

IR.QUMS.REC.1396.25

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

Breast cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

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

death anxiety

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Templar death anxiety inventory

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

Hope

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Herth hope questionnaire

2

Description

death anxiety

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Templer death anxiety questionnaire

Intervention groups

1

Description

Intervention group: In this study, Benson's relaxation technique was used. The researcher will train the relaxation technique individually in one or two sessions in a private room of velayat Hospital. The training will be repeated if needed. Then, the subjects will be asked to demonstrate this technique to the researcher in order to resolve any problem. The subjects will be asked to do the relaxation for 15 to 20 minutes 2 to 3 times per day. During the period of cancer treatment they will do Benson's relaxation technique for 20 minutes twice a day at 9 am and 5 pm, in a 3-month period and follow up monthly. As individual characteristics affect learning of relaxation technique, and some subjects might forget the technique, a self-report questionnaire has been developed and provided to the subjects to record their daily performance. Also, contact details will be provided to the subjects in order to contact the researcher in case of any problem or question.

Category

Behavior

2

Description

Control group: No relaxation technique is taught to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Qazvin velayat hospital

Full name of responsible person

Samira moradipour

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4193713191

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Vice Chancellor for research of Qazvin University of Medical Science

Street address

Qazvin University of Medical Sciences, Shahid Bahonar Street

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moradipour5830@gmail.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Qazvin 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

2

Sponsor

Name of organization / entity

Qazvin University of Medical Sciences

Full name of responsible person

Samira moradipour

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Qazvin University of Medical Sciences, Shahid Bahonar Street

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moradipour5830@gmail.com

Grant name
- NO

Grant code / Reference number
-

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

Title of funding source
Qazvin 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
Qazvin university of medical sciences

Full name of responsible person
Samira Moradipour

Position
Nurse

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Person responsible for scientific inquiries

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Full name of responsible person

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Person responsible for updating data

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD
Low time

Study Protocol
No - There is not a plan to make this available

Statistical Analysis Plan
No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code

No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available