Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Impact of “Benson relaxation” on job stress midwives in the delivery rooms in Qazvin City

Protocol summary

Summary

The aim of this study was to investigate the effect of Benson's tone on occupational stress in midwives working in the delivery sector with a sample of 63 individuals. The target community is midwives working in the Qazvin maternity ward. Inclusion criteria for midwives who have a willingness to participate in the study and have a history of one year of shift work, and if they do not want to continue to participate in the study - A history of tense events in the past 6 months-Use of psychiatric medications from the study Will leave. Sampling will be carried out on the basis of entry and exit criteria. By using the HSE Job Stress Questionnaire, the occupational stress of midwives working in the Qazvin maternity ward will be examined. After training, Benson's tone training and audio file delivery and hand lingering exercise Goal will be done to the target community. Relaxation is done by the participants in the study for two weeks. After one month, the work stress of midwives working in the labor sector is examined using the Job Stress Questionnaire. Data analysis and the impact of Benson's tone are measured by midwives' job stress.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017080735549N1**
Registration date: **2017-09-25, 1396/07/03**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-09-25, 1396/07/03

Registrant information

Name

Elahe Satari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 28 3323 7268

Email address

zjiurabchi@qums.ac.ir

Recruitment status

Recruitment complete

Funding source

Qazvin University of Medical Sciences

Expected recruitment start date

2017-09-05, 1396/06/14

Expected recruitment end date

2017-10-06, 1396/07/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of “Benson relaxation” on job stress midwives in the delivery rooms in Qazvin City

Public title

Impact of “Benson relaxation” on job stress midwives in the delivery rooms in Qazvin City

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: The desire to participate in the study؛The history of one year of service in the form of shift work in the hospital Exclusion criteria:Unwilling to participate in the study؛History of tense incidents in the last 6 monthsNeuropsychiatric useLacking tone slowly on a regular basis؛

Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **63**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Qazvin University of Medical Sciences
Street address
Qazvin University of Medical Sciences
City
Qazvin
Postal code
Approval date
2017-07-18, 1396/04/27
Ethics committee reference number
IR.QUMS.REC.1396.194

Health conditions studied

1

Description of health condition studied
Job Stress
ICD-10 code
F43
ICD-10 code description
Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description
Job stress
Timepoint
At the beginning of the study - one month later
Method of measurement
HSE Job Stress Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Benson relaxation
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Qazvin University of Medical Sciences
Full name of responsible person
elahe satari
Street address
Qazvin University of Medical Sciences
City
Qazvin

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Qazvin University Of Medical Sciences
Full name of responsible person
Amir Pymani
Street address
University of Medical Sciences Qazvin,Bahonar Boulevard,Qazvin
City
Qazvin
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
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
Qazvin University Of Medical Sciences
Full name of responsible person
Elahe Satari
Position
Masters student
Other areas of specialty/work
Street address
University of Medical Sciences Qazvin,Bahonar Boulevard,Qazvin
City
Qazvin
Postal code
3419759
Phone
+98 28 3323 7267
Fax
+98 33237268
Email
satari55@yahoo.com
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Zinat Jorabchi
Position
Health Doctorate
Other areas of specialty/work
Street address
Qazvin University of Medical Sciences
City
Qazvin
Postal code
3419759
Phone
+98 28 3323 7267
Fax
+98 33237268
Email
zjourabchi@qums.ac.ir
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Qazvin University of Medical Sciences
Full name of responsible person
Elahe Satari
Position
MSc student
Other areas of specialty/work
Street address
Qazvin University of Medical Sciences
City
Qazvin
Postal code
3419759
Phone
+98 28 3323 7267
Fax
+98 33237268
Email
satari55@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
Data Dictionary
empty