

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Effect of progressive muscle relaxation on sleep quality in patients undergoing hemodialysis

Protocol summary

Summary

The purpose of this study was to determine the effect of progressive muscle relaxation on sleep quality of patients undergoing hemodialysis in hospitals affiliated with Shahid Beheshti University of Medical Sciences in year 2010. This is a one-group before and after semi-experimental study. Based on Sample size formula, 30 patients were selected by objective oriented method and written consent of the samples was obtained for the study. Sleep quality of samples were assessed by Pittsburgh Sleep Quality Index and two weeks sleep diary, then progressive muscle relaxation was taught during the third session, after a month sleep quality of samples were assessed again and sleep quality of patients were compared before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902152846N5**

Registration date: **2010-10-02, 1389/07/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-02, 1389/07/10

Registrant information

Name

Tahereh Ashktorab

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2222 1543

Email address

t_ashktorab@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

private

Expected recruitment start date

2010-04-03, 1389/01/14

Expected recruitment end date

2010-06-20, 1389/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of progressive muscle relaxation on sleep quality in patients undergoing hemodialysis

Public title

Effect of relaxation on sleep quality in patients undergoing hemodialysis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 18 years old and over; experience of at least 6 months of hemodialysis; Hemodialysis 2 to 3 times a week; No history of mental disabilities; literacy as ability to read and write. Having full consciousness, acceptable ability of listening and speaking to answer questions and learn relaxation technique; Having the possibility of using CD-ROM Training. Exclusion criteria: If the patients didn't want to continue participating in the study; If occur a crisis or an unforeseen event for patients during the intervention period; If the patient didn't complete two weeks sleep diary; If the patient didn't complete relaxation diary.

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **30**

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**

Shahid Beheshti University of Medical Sciences and Health Services

Street address

Velenjak

City

Tehran

Postal code**Approval date**

2010-06-13, 1389/03/23

Ethics committee reference number

88018668151

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

sleep disorders in hemodialysis patients

ICD-10 code

N18.9

ICD-10 code description

Chronic renal failure, unspecified

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

sleep quality

Timepoint

1 month

Method of measurement

Pittsburgh Sleep Quality Index and two week sleep diary

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

insomnia

Timepoint

1 month

Method of measurement

insomnia severity index and two week sleep diary

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

progressive relaxation muscle training, two times a day for 1 month

Category

Behavior

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

Hemodialysis center of hospitals affiliated with shahid Beheshti University of Medical Sciences

Full name of responsible person**Street address****City**

Tehran

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

private

Full name of responsible person

Maryam Saeedi

Street address

Shariati st, end of Mirdamad ave, next to Mofid hospital, Nursing and midwifery school of Shahid Beheshti

City

Tehran

Grant name

-

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

Yes

Title of funding source

private
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

Beheshti
City
Tehran
Postal code
Phone
+98 21 2222 1543
Fax
+98 21 2225 9429
Email
t_ashktorab@sbmu.ac.ir , t_ashktorab@gmail.com ,
t_ashktorab@yahoo.com
Web page address

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing and Midwifery school of Shahid Beheshti
university

Full name of responsible person

Tahereh Ashktorab

Position

Nursing PHD, Assistant Professor

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

Shariati st, end of Mirdamad ave, next to Mofid
hospital, Nursing and midwifery school of Shahid
Beheshti

City

Tehran

Postal code**Phone**

+98 21 2222 1543

Fax**Email**

t_ashktorab@sbmu.ac.ir , t_ashktorab@gmail.com ,
t_ashktorab@yahoo.com

Web page address

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+98 21 2222 1543

Fax**Email**

t_ashktorab@sbmu.ac.ir , t_ashktorab@gmail.com ,
t_ashktorab@yahoo.com

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Nursing and Midwifery school of Shahid Beheshti
university

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Tahereh Ashktorab

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hospital, Nursing and midwifery college of Shahid

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