

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Effect of progressive muscle relaxation on pain of multiple sclerosis patients

Protocol summary

Shahrekord University of Medical Sciences and Health Services

Summary

The aim of this study was to investigate the effect of progressive muscle relaxation on the pain of the multiple sclerosis patients. 70 multiple sclerosis patients from Ayatollah kashani clinic were enrolled and randomly assigned to receive 90 sessions of program for three months that each session include 45 minutes or routine health care. The primary outcome was pain of multiple sclerosis patients.

Expected recruitment start date

2009-09-11, 1388/06/20

Expected recruitment end date

2009-10-17, 1388/07/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138903182861N7**

Registration date: **2010-07-01, 1389/04/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-07-01, 1389/04/10

Registrant information

Name

Reza Masoodi

Name of organization / entity

Nursing department, Shahrekord University of Medical Science,

Country

Iran (Islamic Republic of)

Phone

+98 38 1333 5654

Email address

masoodi@skums.ac.ir

Recruitment status

Recruitment complete

Funding source

Scientific title

Effect of progressive muscle relaxation on pain of multiple sclerosis patients

Public title

Effect of progressive muscle relaxation on pain of multiple sclerosis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of multiple sclerosis, ability to read and write Exclusion criteria: Presence of other diseases such as mental disorder, cognitive disorder, addiction, or other neurologic disorders

Age

From **20 years** old to **40 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

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**

Shahrekord University of Medical Sciences and Health Services

Street address

Nursing department, nursing and midwifery college, Rahmatie, Shahrekord

City

Shahrekord

Postal code

8813833435

Approval date

2009-12-03, 1388/09/12

Ethics committee reference number

21/پ.آ

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

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

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

Pain

Timepoint

Baseline and 3 months after intervention

Method of measurement

visual analogue questionnaire

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

Disease symptom

Timepoint

Baseline and 3 months after intervention

Method of measurement

Questionnaire

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

Progressive muscle relaxation program: 90 sessions each session 45 minutes for three months

Category

Rehabilitation

2**Description**

Routine care

Category

N/A

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

Ayatollah kashani center.

Full name of responsible person

Reza Masoodi

Street address

Parastar street, Shahrekord,

City

Shahrekord

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

Shahrekord University of Medical Sciences

Full name of responsible person

Reza Masoodi

Street address

Nursing department, nursing and midwifery college, Shahrekord University of Medical Sciences, Rahmatie, Shahrekord

City

Shahrekord

Grant name

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

Yes

Title of funding source

Shahrekord 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
Shahrekord University of Medical Sciences and Health Services
Full name of responsible person
Reza Masoodi
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Other areas of specialty/work
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Person responsible for updating data

Contact

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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