Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of progressive muscle relaxation on pain of multiple sclerosis patients

Protocol summary

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 Ayatoolah 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.

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

Shahrekord University of Medical Sciences and Health Services

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

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
آ.پ/21

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 analoge 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
--
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

Position

Member of Faculty and Ph.D student in Nursing

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