

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

The effect of progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

Protocol summary

Vice-chancellor for Research, Shahrekord University of Medical Sciences and Health Services

Summary

The present study has been done to determine the effectiveness of Progressive Muscle Relaxation on general health and sleep quality of family caregivers of patients with multiple sclerosis. Intervention under study was doing 90 sessions progressive muscle relaxation for three months and the primary outcome was general health and secondary outcome was sleep quality of caregivers.

Expected recruitment start date

2010-04-21, 1389/02/01

Expected recruitment end date

2010-05-27, 1389/03/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201010292861N9**

Registration date: **2010-11-02, 1389/08/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-11-02, 1389/08/11

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

The effect of progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

Public title

Progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: living with patient, having a merit of decision for patients, having a responsibility of patients care Exclusion criteria: Presence of other diseases such as mental disorder, cognitive disorder, addiction, or other neurologic disorder

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description
Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Vice-chancellor for research, Shahrekord University of Medical Sciences and Health Services

Street address

Shahrekord University of Medical Sciences and Health Services, Rahmatie, Shahrekord

City

Shahrekord

Postal code

8813833435

Approval date

empty

Ethics committee reference number

102/م.پ

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

General health

Timepoint

3 months

Method of measurement

specific questionnaire

Secondary outcomes

1

Description

Sleep quality

Timepoint

3 months

Method of measurement

specific questionnaire

Intervention groups

1

Description

Administration of progressive muscle relaxation

Category

Rehabilitation

2

Description

Routine activity for control group

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Iranian multiple sclerosis society

Full name of responsible person

Reza Masoodi

Street address

Iranian multiple sclerosis society, Vesal Ave., Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Reza Masoodi

Street address

Nursing department, Shahrekord University of Medical Sciences, Rahmatie

City

Shahrekord

Grant name

114/88پآ

Grant code / Reference number

12320

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

Yes

Title of funding source

Shahrekord University of Medical Sciences and Health Services

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

Shahrekord

Postal code

8813833435

Phone

+98 3813335653316

Fax

+98 38 1334 6714

Email

masoodi@skums.ac.ir-masoodi1383@yahoo.com

Web page address

skums.ac.ir

Person responsible for general inquiries

Contact

Name of organization / entity

Nursing department, Shahrekord University of
Medical Sciences, Rahmatie

Full name of responsible person

Reza Masoodi

Position

Member of Faculty and PH.D Student in Nursing

Other areas of specialty/work

Street address

Nursing department, Shahrekord University of
Medical Sciences, Rahmatie

City

Shahrekord

Postal code

8813833435

Phone

+98 3813335653316

Fax

+98 38 1334 6714

Email

masoodi@skums.ac.ir-masoodi1383@yahoo.com

Web page address

skums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health
Services

Full name of responsible person

Reza Rasoodi

Position

Member of Faculty and PH.D Student in Nursing

Other areas of specialty/work

Street address

Nursing department, Shahrekord University of
Medical Sciences, Rahmatie

City

Shahrekord

Postal code

8813833435

Phone

+98 3813335653316

Fax

+98 38 1334 6714

Email

masoodi@skums.ac.ir-masoodi1383@yahoo.com

Web page address

skums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health
Services

Full name of responsible person

Reza Rasoodi

Position

Member of Faculty and PH.D Student in Nursing

Other areas of specialty/work

Street address

Nursing department, Shahrekord University of
Medical Sciences, Rahmatie

City

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