

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### Effect of Benson's relaxation technique on sleep quality of Shift-working Nurses in Hospitals

#### Protocol summary

##### Study aim

Effect of Aynam Benson's Technique on Sleep Quality of Nurses in Rafsanjan Hospitals in 1397

##### Design

Assigning people to groups using stratified random methods. In this method, classes are firstly formed based on the important variables of the researcher who are involved in this study of gender and age. The first and second samples are selected from the sampling framework and are randomly assigned (draw) to one of the groups.

##### Settings and conduct

First, the PSQI questionnaire will be given to shifting nurses working in the hospitals (Ali ibn Abi Talib (a), Moradi and Nik Nafs) in the city of Rafsanjan to 365 people, and people with poor sleep quality will be identified.

##### Participants/Inclusion and exclusion criteria

1- Having an age of 23 years and above 2. Have at least one year of practical training 3- Having a minimum nursing degree 4. Shifts in circulation. 5. In the past year, there are more than 4 nights a month 6. Not having physical illnesses (cardiovascular, asthma and epilepsy) and psychiatry 7. No Smoking 8. Not taking regular sleep medications 9. Not having a second job who needs a work night 10. Not having a child under two years of age

##### Intervention groups

In the intervention group, a full explanation of the method of implementation will be provided. During a face-to-face meeting, Benson's technique is taught individually and he is asked to perform a technique in the presence of the trainer to ensure that it is up to date. Make sure. Also, the recorded audio file will be placed at the disposal of each person to execute it every day before bedtime.

##### Main outcome variables

Sleep quality

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20180306038981N1**

Registration date: **2018-08-02, 1397/05/11**

Registration timing: **registered\_while\_recruiting**

Last update: **2018-08-02, 1397/05/11**

Update count: **0**

##### Registration date

2018-08-02, 1397/05/11

##### Registrant information

##### Name

shirin khaje hosseini

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 34 3428 8973

##### Email address

m.mobini@rums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2018-04-04, 1397/01/15

##### Expected recruitment end date

2018-08-23, 1397/06/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect of Benson's relaxation technique on sleep quality of Shift-working Nurses in Hospitals

### Public title

The effect of Benson's relaxation technique on sleep quality of Shift-working Nurses

### Purpose

Other

### Inclusion/Exclusion criteria

#### Inclusion criteria:

Having an age of 23 years and older Have at least one year of work experience Have at least a bachelor's degree in nursing Shifts working In the past year, they have an average of over 4 nights a month Lack of physical illnesses (cardiovascular, asthma and epilepsy) and psychiatry No smoking Do not use regular sleep medications Not having a second job who needs a night job Not having a child under two years

#### Exclusion criteria:

Unwillingness to continue participating in the study Failure to perform the technique within 4 consecutive days Change the work place and transfer to other hospitals Change the type of work shift Need to take sleep medications on a regular basis during the study The occurrence of a severe stressful event that causes sleep disturbance

### Age

From **23 years** old

### Gender

Both

### Phase

N/A

### Groups that have been masked

*No information*

### Sample size

Target sample size: **80**

### Randomization (investigator's opinion)

Randomized

### Randomization description

Assigning people to groups using stratified random methods. In this method, classes are firstly formed based on the important variables of the researcher who are involved in this study of sex and age. The first and second samples are selected from the sampling framework and are randomly assigned (draw) to one of the groups. Subsequent samples are selected in terms of the number of samples in the classes. Sampling will continue until the sample size reaches the target.

### 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

Ethics committee of Rafsanjan University of Medical Sciences

##### Street address

Amam ali Ave.,

##### City

Rafsanjan

##### Province

Kerman

##### Postal code

7717933777

#### Approval date

2018-02-13, 1396/11/24

#### Ethics committee reference number

IR.RUMS.REC.1396.209

## Health conditions studied

### 1

#### Description of health condition studied

sleep disorder

#### ICD-10 code

F51.8

#### ICD-10 code description

Other sleep disorders not due to a substance or known physiological condition

## Primary outcomes

### 1

#### Description

sleep quality

#### Timepoint

Before the intervention and one month after the intervention

#### Method of measurement

Pittsburgh Sleep Quality Questionnaire

## Secondary outcomes

### 1

#### Description

Sleep quality score

#### Timepoint

One month after the intervention

#### Method of measurement

Pittsburgh Sleep Quality Questionnaire

## Intervention groups

### 1

#### Description

Intervention group: In the intervention group, a full explanation of the method of implementation will be provided. During a face-to-face meeting, Benson's technique is taught individually and he is asked to perform a technique in the presence of the trainer to ensure that it is up to date. Make sure. Also, the recorded audio file will be placed at the disposal of each person to execute it every day before bedtime.

**Category**

Other

**2**

**Description**

Control group: There is no intervention in control group.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Ali ibn Abi Talib Hospital, Moradi Hospital, Nikanfos Hospital

**Full name of responsible person**

Shahin heidari

**Street address**

Eamam Ali Ave

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**Phone**

+98 34 3428 0000

**Email**

shirin.khaje89@gmail.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Dr Ali Shamsizadeh

**Street address**

eamam Ali Ave

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**Phone**

+98 34 3428 0097

**Email**

alishamsy@gmail.com

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Rafsanjan University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

empty

**Country of origin**

**Type of organization providing the funding**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Sin heaidarihah

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

Nursing Street, Faculty of Nursing Midwifery

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**Phone**

+98 34 3425 5900

**Email**

kermanshah3252@yahoo.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Sin heaidarihah

**Position**

Assistant Professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

Nursing Street, Faculty of Nursing Midwifery

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

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**Phone**

+98 34 3425 5900

**Email**

kermanshah3252@yahoo.com

**Person responsible for updating data**

**Contact**

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Shirin Khaje hosseini

**Position**

Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

Parastar st. School of Nursing and Midwifery

**City**

Rafsanjan

**Province**

Kerman

**Postal code**

7717933777

**Phone**

+98 34 3428 8973

**Fax**

**Email**

m.mobini@rums.ac.ir

**Sharing plan**

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

No more information

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

The main consequence is the effect of Benson's technique

**When the data will become available and for how long**

2020

**To whom data/document is available**

All people

**Under which criteria data/document could be used**

Any circumstances

**From where data/document is obtainable**

kermanshah3252@yahoo.com

**What processes are involved for a request to access data/document**

Written request to the researcher

**Comments**