

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

7717933777

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