

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Survey and comparing the effects of Benson relaxation and Progressive muscle relaxation on quality of sleep in patients after coronary artery bypass surgery

Protocol summary

Summary

The objective of this clinical trial is to survey and compare the effects of Benson relaxation and progressive muscle relaxation on quality of sleep in patients after coronary artery bypass surgery. The study population will be patients undergoing coronary artery bypass surgery in the shahid beheshtiy and valyasar hospital. One hundred twenty participants assigned to of Benson relaxation and progressive muscle relaxation or control groups. Methods: after surgery, when patients were transferred to the part, in the Second day, researcher will teach relaxation to patients by Mp3player. Then, a Mp3player and record sheet will be give to research unit. Patients will done the exercises twice a day fot 4 week at 20 minute using arelaxation Mp3player at home and after each time, the data will be record in the daily recorde sheet at the end of one and three week, researcher will discuss with phone calls about the research units relaxation exercise and problems. Before and four week after intervention, pisttburgh sleep quality index will be compelet. The control group will not receive any type of intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201703123064N6**
Registration date: **2017-04-19, 1396/01/30**
Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-04-19, 1396/01/30

Registrant information

Name

Hossein Bagheri

Name of organization / entity

Shahroud University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research (Research and Technology),
Shahroud University of Medical Sciences

Expected recruitment start date

2017-05-05, 1396/02/15

Expected recruitment end date

2018-01-05, 1396/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey and comparing the effects of Benson relaxation and Progressive muscle relaxation on quality of sleep in patients after coronary artery bypass surgery

Public title

Survey and comparison the effect of relaxation on sleep quality of patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age 40 to 75 years old; having written

knowingly informed consent; No previous history of heart surgery; No history of mental illness diagnosed doctor; Bypass surgery Coronary artery bypass due to stenosis 2 vessels to 4 vessels; Poor sleep quality based on answers to a questionnaire Pittsburgh Sleep Quality (In Pittsburgh Sleep Quality Index (PSQI) earn score of 5-21); Do not use Sedations drugs other than routine. Exclusion criteria during study: Using any of the relaxation methods expect Benson and progressive during the study period; Not wanting to continue to contribute in study; do not receive sedative by routine in the part.

Age

From **40 years** old to **75 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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**

Ethics Committee of Shahroud University of Medical Sciences

Street address

Hafte-Tir square, Shahroud University of Medical Sciences

City

Shahroud

Postal code

3614773955

Approval date

2017-03-07, 1395/12/17

Ethics committee reference number

IR.SHMU.REC.1395.181

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

Sleep disorder

ICD-10 code

G47.0

ICD-10 code description

Disorders of initiating and maintaining sleep [insomnias]

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

Sleep quality

Timepoint

pre- intervention and 4 weeks after intervention

Method of measurement

Pittsburgh Sleep Quality Index

Secondary outcomes

empty

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

In the Benson relaxation group, one sessions of relaxation training will hold during 20-30 minutes by MP3 player through headphone. Then a MP3player and relaxation record sheet will give to the subjects and they will be ask to do relaxation practices twice a day in 20 minutes for 4 weeks. at the end of one and three week, researcher will call and speak about the practice and their potential problems. 4 weeks after the start of study the Pittsburgh Sleep Quality Index will be completed.

Category

Behavior

2**Description**

In the progressive muscle relaxation group, one sessions of relaxation training will hold during 20-30 minutes by MP3 player through headphone. Then a MP3player and relaxation record sheet will give to the subjects and they will be ask to do relaxation practices twice a day in 20 minutes for 4 weeks. at the end of one and three week, researcher will call and speak about the practice and their potential problems. 4 weeks after the start of study the Pittsburgh Sleep Quality Index will be completed.

Category

Behavior

3**Description**

In the control group, at the end of one and three week telephone contact is established in order to maintain contact. After 4 weeks, the Pittsburgh Sleep Quality Index will be completed again.

Category

N/A

empty

Recruitment centers1**Recruitment center****Name of recruitment center**

Valyasar hospital

Full name of responsible person

Dr Hossein Bagheri

Street address

Amin Boulevard, gomhori Boulevard,Valyasar hospital

City

Qom

2**Recruitment center****Name of recruitment center**

Shahid Beheshti Hospital

Full name of responsible person

Dr. Hossein Bagheri

Street address

Shahid beheshti Boulevar, Imam street

City

Qom

Sponsors / Funding sources1**Sponsor****Name of organization / entity**

Vice chancellor for research of Shahroud University of Medical Sciences

Full name of responsible person

Dr. Mohammad -Hassan Emamian

Street address

Hafte-Tir Square, Shahroud University of Medical Sciences

City

Shahroud

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

Yes

Title of funding source

Vice chancellor for research of Shahroud 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****Person responsible for general inquiries****Contact****Name of organization / entity**

Shahroud University of Medical Sciences

Full name of responsible person

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Position

Ph.D in Nursing

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Web page address

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