

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

16 Sep 2026

### Comparison the effect of progressive muscle relaxation program and Benson relaxation on clinical decision making and emotional intelligence of nurses in critical care units

#### Protocol summary

##### Study aim

Comparison of the effect of Benson's progressive muscle relaxation program on clinical decision making and emotional intelligence of nurses in special departments

##### Design

This study was done by designing three groups of 105 nurses in special departments randomly in one of three groups of 70 patients and control 35 patients.

##### Settings and conduct

Nurses from the special departments of Hajar Vakashani Hospital in Shahrekord are randomly assigned to one of the two intervention groups and one control group. Then, according to the number of nurses in each department and the share of each participant for entering the study, the samples are randomly selected. If nursing does not want to participate in the study, it will be out of research and another will be replaced.

##### Participants/Inclusion and exclusion criteria

Factors for entry into Nursing Research Factors of Specialty, - Having at least a bachelor's degree in nursing, -To not fix the nervous and psychological problem - Have at least one year of work experience

##### Intervention groups

Nurses working in CCU-ICU, the experimental group undergoing progressive muscle relaxation training in four sessions per hour, and the other test group undergoes Benson relaxation training in four sessions per hour, while the control group does not receive

##### Main outcome variables

Emotional intelligence, clinical decision making

#### General information

##### Reason for update

##### Acronym

ندارد

##### IRCT registration information

IRCT registration number: **IRCT20091215002861N16**

Registration date: **2019-05-15, 1398/02/25**

Registration timing: **retrospective**

Last update: **2019-05-15, 1398/02/25**

Update count: **0**

##### Registration date

2019-05-15, 1398/02/25

##### 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

##### Expected recruitment start date

2019-02-12, 1397/11/23

##### Expected recruitment end date

2019-05-13, 1398/02/23

##### Actual recruitment start date

2019-02-12, 1397/11/23

##### Actual recruitment end date

2019-05-13, 1398/02/23

##### Trial completion date

2019-05-22, 1398/03/01

##### Scientific title

Comparison the effect of progressive muscle relaxation

program and Benson relaxation on clinical decision making and emotional intelligence of nurses in critical care units

**Public title**  
Comparison the effect of progressive muscle relaxation program and Benson relaxation on clinical decision making and emotional intelligence of nurses in critical care units

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
- Factors for entry into Nursing Research Factors of Specialty,- , - Having at least a bachelor's degree in nursing Have at least one year of work experience  
**Exclusion criteria:**  
Unwillingness to cooperate and withdraw from participation in the study - Completed incomplete questionnaires by nurses - The absence of a person at the training session

**Age**  
From **22 years** old to **60 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **105**  
More than 1 sample in each individual  
Number of samples in each individual: **35**  
پرستاران بخش ویژه  
Actual sample size reached: **315**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
Blocks were randomized

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**  
There is no particular explanation

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics Committee of Shahrekord University of Medical Sciences

##### Street address

Kashani  
**City**  
Shahrekord  
**Province**  
Chahar-Mahal-va-Bakhtiari  
**Postal code**  
8815713471  
**Approval date**  
2019-02-12, 1397/11/23  
**Ethics committee reference number**  
IR.SKUMS.REC.1397.284

## Health conditions studied

### 1

#### Description of health condition studied

Comparison the effect of progressive muscle relaxation program and Benson relaxation on clinical decision making and emotional intelligence of nurses in critical care units

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Emotional Intelligence

#### Timepoint

Before the intervention. After the intervention. Three months later

#### Method of measurement

Sharing Emotional Intelligence Questionnaire

## Secondary outcomes

### 1

#### Description

Clinical decision making

#### Timepoint

Before intervention. After intervention. Three months later

#### Method of measurement

Clinical Decision Making Clinical Questionnaire Laurie et al

## Intervention groups

### 1

#### Description

Intervention group: under the muscle relaxant program in four sessions per hour

#### Category

Behavior

## 2

### Description

Intervention group: Intervention group: Benson relaxed in four sessions per hour

### Category

Behavior

## 3

### Description

Control group: A group that does not receive any training.

### Category

Behavior

## Recruitment centers

## 1

### Recruitment center

#### Name of recruitment center

Hajar Hospital shahrekord

#### Full name of responsible person

Salimeh Reisi

#### Street address

Kashani

#### City

Shahrekord

#### Province

Chahar-Mahal-va-Bakhtiari

#### Postal code

8816854633

#### Phone

+98 38 3222 0016

#### Fax

+98 38 3224 3715

#### Email

hajar@skums.ac.ir

#### Web page address

http://hajarhp.skums.ac.ir

## 2

### Recruitment center

#### Name of recruitment center

Shahrekord's Kashani Hospital

#### Full name of responsible person

SalimehReisi

#### Street address

Shahrekord Street Nursing

#### City

Shahrekord

#### Province

Chahar-Mahal-va-Bakhtiari

#### Postal code

881658915

#### Phone

+98 38 3226 4825

#### Fax

+98 38 3222 8600

#### Email

info@skums.ac.ir

### Web page address

htt://skums.ac.ir

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Research Deputy of Shahrekord University of Medical Sciences

#### Full name of responsible person

Dr. Seyed Kamal Solati

#### Street address

. Center of Shahrekord University of Medical Sciences, Building No. 2-e-Kord, Balhar Kashani

#### City

Shahrekord

#### Province

Chahar-Mahal-va-Bakhtiari

#### Postal code

8815713471

#### Phone

+98 38 3333 0061

#### Fax

#### Email

info@skums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Research Deputy of Shahrekord 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

Shahre-kord University of Medical Sciences

#### Full name of responsible person

Salimeh Reisi

#### Position

Masters student

#### Latest degree

Bachelor

#### Other areas of specialty/work

Nursery

#### Street address

Shahr e Kord. University of Shahrekord University of

Medical Sciences. Faculty of Nursing and Midwifery

**City**

Shahrekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

8818676458

**Phone**

+98 38 3333 1773

**Email**

reisis3054@gmail.com

## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Shahre-kord University of Medical Sciences

**Full name of responsible person**

RezaMasoodi

**Position**

Supervisor.

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Nursery

**Street address**

School of Nursing and Midwifery, Shahrekord  
University of Medical Sciences

**City**

Shahrekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

8818676458

**Phone**

+98 38 3333 4463

**Email**

masoodi@skums.ac.ir

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Shahre-kord University of Medical Sciences

**Full name of responsible person**

SalimehReisi

**Position**

Masters student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

**Street address**

Rahmatieh University of Medical Sciences, Faculty of  
Nursing and Midwifery

**City**

Shahrekord

**Province**

Chahar-Mahal-va-Bakhtiari

**Postal code**

88188676458

**Phone**

+98 38 3333 1773

**Email**

reisis@gmail.com

## Sharing plan

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

Undecided - It is not yet known if there will be a plan to  
make this available

**Study Protocol**

Undecided - It is not yet known if there will be a plan to  
make this available

**Statistical Analysis Plan**

Undecided - It is not yet known if there will be a plan to  
make this available

**Informed Consent Form**

Undecided - It is not yet known if there will be a plan to  
make this available

**Clinical Study Report**

Not applicable

**Analytic Code**

Not applicable

**Data Dictionary**

Not applicable