

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 Jun 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

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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**

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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

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2

Recruitment center

Name of recruitment center

Shahrekord's Kashani Hospital

Full name of responsible person

SalimehReisi

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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

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Fax**Email**

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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

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

Supervisor.

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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Position

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Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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