

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Jul 2026

study of the effectiveness of jaw relaxation on stress and changes in physiological indices in patients with acute coronary syndrome

Protocol summary

Study aim

effectiveness of the jaw relaxation on stress and variability of the physiological indicators of patients with acute coronary syndrome.

Design

64 patients were selected by simple sampling and Using Minimization software, they were divided into control and intervention groups.

Settings and conduct

The study is conducted on patients admitted to CCU in a way that the jaw relaxation technique is trained to patients in the intervention group and they are asked to practice in order to achieve the skill. The stresses and physiological indices before And measured after the study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1.Age 20 and above 2.Patients with acute coronary syndrome. 3.Patients being alert to the location and time and environment surrounding them. 4.patients interested in participating in the study. 5.Patients with known psychological and anxiety disorders are not known. 6. Patients don't have drug addiction. Exclusion criteria: 1.Unwillingness to participate in the study 2.Coincidentally in another study

Intervention groups

In the intervention group, jaw relaxation technique is performed and In control group a small touch that is different from the therapeutic touch technique, it is performed on the jaw.

Main outcome variables

Change the amount of stress Changing physiological indicators

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190102042210N1**

Registration date: **2019-05-02, 1398/02/12**

Registration timing: **registered_while_recruiting**

Last update: **2019-05-02, 1398/02/12**

Update count: **0**

Registration date

2019-05-02, 1398/02/12

Registrant information

Name

Zeinab Ghanbari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3747 4439

Email address

z.ghanbari@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-04-21, 1398/02/01

Expected recruitment end date

2019-07-23, 1398/05/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

study of the effectiveness of jaw relaxation on stress and changes in physiological indices in patients with acute coronary syndrome

Public title

Effect of jaw relaxation effect on stress and changes in

physiological indices

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
patient with acute coronary artery syndromes Be alert of the patients Lack of active mental illness Lack of drug addiction
Exclusion criteria:
The patient's death Take part in another study

Age
From 20 years old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: 64

Randomization (investigator's opinion)
Randomized

Randomization description
patients were selected by simple sampling and Using Minimization software, they were divided into two groups.

Blinding (investigator's opinion)
Single blinded

Blinding description
Participants are unaware of the allocation of study groups. None of the participants know that they are in the intervention group or in the control group.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Esfahan University of Medical Sciences

Street address

Esfahan University of Medical Sciences, hezar jarib street

City

Esfahan

Province

Isfahan

Postal code

8458119381

Approval date

2018-06-20, 1397/03/30

Ethics committee reference number

IR.MUI.RESEARCH.REC.1397.376

Health conditions studied

1

Description of health condition studied

Acute coronary syndrom

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

The amount of stress in Cohen's questionnaire and colleagues ' questionnaire

Timepoint

Before the intervention and immediately 10 and 30 minutes later,

Method of measurement

Cohen Stress questionnaire

2

Description

Physiological indices

Timepoint

Before the intervention and immediately 10 and 30 minutes later,

Method of measurement

mercury pressure and oxytetracycline pulse.

Secondary outcomes

empty

Intervention groups

1

Description

We measure the physiological indices and stress in the intervention group. We will train jaw calming intervention group. We ask them two times for three days and every day to use this technique. We measured the physiological indices again before and after the intervention, then 10, 30 minutes later.

Category

Behavior

2

Description

We measure the physiological indices and stress in the control group. No relaxation intervention was performed and In control group a small touch that is different from the therapeutic touch technique, it is performed on the jaw and immediately the physiological indices were

evaluated and recorded.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Alzahra hospital

Full name of responsible person

Zeinab ghanbari

Street address

Alzahra hospital.,sofe Blvd

City

Esfahan

Province

Isfahan

Postal code

8458119381

Phone

+98 31 3747 4439

Email

zeinab.ghanbari1370@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Yousefi hojatalah

Street address

Hezar jarib Ave.,Esfahan Medical Sciences

City

Esfahan

Province

Isfahan

Postal code

8174673461

Phone

+98 31 3668 0048

Email

zeinab.ghanbari1370@yahoo.com

Web page address

http://www.mui.ac.ir/

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan University of Medical Sciences

Proportion provided by this source

30

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

Esfahan University of Medical Sciences

Full name of responsible person

Zeinab ghanbari

Position

Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Hezar jari Ave.,Esfahan Medical Sciences

City

Esfahan

Province

Isfahan

Postal code

۷۳۴۶۱-۸۱۷۴۶

Phone

+98 31 3668 0048

Email

zeinab.ghanbari1370@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Zeinab ghanbari

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Hezar jarib Ave.,Esfahan Medical Sciences

City

Esfahan

Province

Isfahan

Postal code

8458119381

Phone

+98 31 3747 4439

Email

zeinab.ghanbari1370@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Zeinab ghanbari

Position

student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Heza jarib Ave.,Esfahan Medical Sciences

City

Esfahan

Province

Isfahan

Postal code

8458119381

Phone

+98 31 3747 4439

Email

z.ghanbari@nm.mui.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

There is no more information

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

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

Analytic Code

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

Data Dictionary

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