

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Jun 2026

Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19 patients

Protocol summary

Study aim

Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19 patients

Design

This study was a clinical trial with control group with parallel design. The sample size of 65 patients was randomly divided into two equal groups.

Settings and conduct

Vasei Hospital in Sabzevar

Participants/Inclusion and 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; incomplete questionnaires by nurses; absence of a person at the training session.

Intervention groups

After approving of the study by sciences vice chancellor of Sabzevar University of Medical Sciences and completing of written consent form by all participants in the study. Nurses working in (ICU) will be divided randomly into two equal groups: 31 patients in experimental and 31 in control group. The experimental group will receive supportive intervention and get education of Benson relaxation with video tape and every nurse will get one CD and pamphlet for use in home. Nurses in experimental group will do Benson relaxation for 15 minute, twice a day during one month. No intervention will be made in control group. Job Stress and Quality of Work Life questionnaire will complete by all nurses before and 4 week after intervention.

Main outcome variables

Job Stress and Quality of Work Life

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20131113015393N6**
Registration date: **2020-03-30, 1399/01/11**
Registration timing: **registered_while_recruiting**

Last update: **2020-03-30, 1399/01/11**

Update count: **0**

Registration date

2020-03-30, 1399/01/11

Registrant information

Name

Narjes Heshmati Far

Name of organization / entity

Sabzevar University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 57 1444 6070

Email address

nheshmatifar@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-28, 1398/12/09

Expected recruitment end date

2020-05-29, 1399/03/09

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19

patients

Public title

Effect of Benson Relaxation on Quality of Life and job stress in nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

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

Exclusion criteria:

Unwillingness to cooperate Withdraw from participation in the study Incomplete questionnaires 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: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, patients will have numbers after entering the order of inclusion in the study. These numbers will be selected using a random number table. Randomly place your hand on a point in the random table and then divide the numbers in pairs from left to right. Numbers are selected to fit the sample size. After the numbers of a group are assigned the numbers of the opposite group are also assigned.

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

Sabzevar University of Medical Scinces

Street address

Deputy of Research and Technology, Sabzevar University of Medical Sciences, SHohada Hastei Boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913114

Approval date

2021-03-17, 1399/12/27

Ethics committee reference number

IR.MEDSAB.REC.1398.141

Health conditions studied

1

Description of health condition studied

Job Stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes

1

Description

Job stress

Timepoint

Before the intervention, one month after intervention

Method of measurement

Job Stress Questionnaire Osipow

2

Description

Quality of working life

Timepoint

Before the intervention, one month after intervention

Method of measurement

Work-Related Quality of Life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: experimental group will receive supportive intervention and get education of Benson relaxation with video tape and every nurse will get one CD and pamphlet for use in home. nurses in experimental group will do Benson relaxation for 15 minute, twice a day during one month. Job Stress and Quality of working life questionnaire will complete by experimental group before, and 4 week after intervention.

Category

Behavior

2

Description

Control group: no intervention in control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sabzevar Vasei hospital

Full name of responsible person

Ali Taj Abadi

Street address

Sabzevar Vasei hospital, Shohadaye Hasteii
Boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913114

Phone

+98 51 4401 1000

Email

nheshmatifar@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Fereshteh Ghorat

Street address

Sabzevar University of Medical Sciences, SHohada
Hastei Boulevard

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Phone

+98 51 4401 1000

Email

nheshmatifar@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Sabzevar 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

Sabzevar University of Medical Sciences

Full name of responsible person

Narjes Heshmatifar

Position

Faculty member of Sabzevar University

Latest degree

Master

Other areas of specialty/work

Nursery

Street address

School of Nursing and Midwifery; Shohadaye Hasteii
Boulevard, Sabzevar

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913112

Phone

+98 51 4401 1000

Email

nheshmatifar@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Narjes Heshmati Far

Position

Faculty member of Sabzevar University

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

Contact

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Sabzevar University of Medical Sciences

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Phone

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

Not applicable

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