

# 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**

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**Phone**

+98 51 4401 1000

**Email**

nheshmatifar@yahoo.com

**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

Sabzevar University of Medical Sciences

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## Person responsible for updating data

### Contact

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Sabzevar University of Medical Sciences

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**Province**

Razavi Khorasan

**Postal code**

9617913112

**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