

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction

Protocol summary

Summary

The aim of this study was to investigate the effect of progressive muscle relaxation on the anxiety of the myocardial infarction patients. Progressive muscle relaxation program (PMR) is no drug interventions to reduce anxiety in patients. In this method patients continuously contract and then relax their muscles while they are listening to the music in a recorded tape. 76 myocardial infarction patients from Hajar hospital at 2009 were enrolled and randomly assigned to receive 90 sessions of the program for three months. Each session lasted 45 minutes. The primary outcome was anxiety in myocardial infarction patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138905024438N1**

Registration date: **2010-10-07, 1389/07/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-07, 1389/07/15

Registrant information

Name

Safar Ali Esmaeili Vardanjani

Name of organization / entity

Shahrekord University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 38 2384 2490

Email address

s.esmaeili@khuisf.ac.ir

Recruitment status

Recruitment complete

Funding source

Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date

2009-12-13, 1388/09/22

Expected recruitment end date

2010-01-05, 1388/10/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction

Public title

Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of myocardial infarction, Willingness to participation, ability to do Progressive Muscle Relaxation Training under physician order, ability to read and write. Exclusion criteria: Presence of other diseases such as mental disorder, past history of participating in an exercise program for rehabilitation of Cardiac problem, cognitive disorder, addiction, or other neurologic disorders, serious skeletal disorder

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 76

Randomization (investigator's opinion)

Randomized

Randomization description

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

Shahrekord University of Medical Sciences and Health Services

Street address

Nursing department, nursing and midwifery college, Rahmatie, Shahrekord

City

Shahrekord

Postal code

8813833435

Approval date

2009-03-12, 1387/12/22

Ethics committee reference number

1223/م پ

Health conditions studied

1

Description of health condition studied

myocardial infarction

ICD-10 code

I21

ICD-10 code description

Acute myocardial infarction

Primary outcomes

1

Description

Anxiety

Timepoint

Baseline and 3 months after intervention

Method of measurement

Estandard Eshpilberger questionnaire

Secondary outcomes

1

Description

Disease symptom

Timepoint

Baseline and 3 months after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

For intervention group Progressive muscle relaxation program: 90 sessions each session 45 minutes for three months. Progressive muscle relaxation program (PMR) is no drug interventions to reduce anxiety in patients. In this method patients continuously contract and then relax their muscles while they are listening to the music in a recorded tape.

Category

Rehabilitation

2

Description

In control group: Rوتين activities

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hajar Hospital

Full name of responsible person

Reza Masoodi

Street address

Nursing department, nursing and midwifery college, Shahrekord University of Medical Sciences, Rahmatie, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Reza Masoodi

Street address

Nursing department, Nursing and Midwifery college,

Rahmatie

City

Shahrekord

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahrekord University of Medical Sciences and Health Services

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Safarali Esmaeili Vardanjani

Position

Post graduate student in nursing

Other areas of specialty/work

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Member of Faculty and Ph.D student in Nursing

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Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty