

# 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**  
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Shahrekord University of Medical Sciences and Health Services  
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Safarali Esmaeili Vardanjani  
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## Person responsible for scientific inquiries

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**Full name of responsible person**  
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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*