

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital

Protocol summary

Shahrekord University of Medical Sciences and Health Services

Summary

The aim of this study was to investigate the effect of Progressive muscle Relaxation training on anxiety of the Schizophrenia patient that refers to Sina hospitals in Jooneghan. 46 Schizophrenia patients were randomly assigned to participate in a Progressive muscle Relaxation program for three months that include 90 sessions and each session include 45 minutes or receive routine cares. Primary outcome was anxiety and secondary outcome was the situation of patients.

Expected recruitment start date

2010-10-04, 1389/07/12

Expected recruitment end date

2010-10-12, 1389/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201009274438N2**

Registration date: **2010-10-15, 1389/07/23**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2010-10-15, 1389/07/23

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

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Recruitment status

Recruitment complete

Funding source

Scientific title

The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital

Public title

The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Presence of chronic Schizophrenia, willing to participate, ability to do Progressive muscle Relaxation training under physician order Exclusion criteria: past history of participating in an exercise program for rehabilitation of mental problem, other physical problems, cognitive disorder, addiction and other neurologic disorders

Age

From **20 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 46

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

Approval date

2009-03-12, 1387/12/22

Ethics committee reference number

1223/م.پ

Health conditions studied

1

Description of health condition studied

Chronic Schizophrenia

ICD-10 code

F20

ICD-10 code description

Schizophrenia, schizotypal and delusional disorders

Primary outcomes

1

Description

Anxiety of chronic schizophrenic patients

Timepoint

baseline and 3 months after intervention

Method of measurement

Anxiety questionnaire Cattel

Secondary outcomes

1

Description

Rehabilitation of Disease symptom

Timepoint

baseline and 3 months after intervention

Method of measurement

Specific Questionnaire

Intervention groups

1

Description

In intervention group Progressive muscle relaxation for three months and 90 sessions, each sessions include 45 minutes. 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

Treatment - Drugs

2

Description

Received routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sina center in Shahrekord University of Medical Sciences

Full name of responsible person

Street address

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Shahrekord University of Medical Sciences and Health Services, nursing and midwifery college

Street address

Nursing department, Nursing and midwifery college, Rahmatie, Shahrekord

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 Varddanjani

Position

Post graduate student in nursing

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Jafar Moghadasi

Position

Member of faculty, Nursing department, nursing and midwifery college, Shahrekord University of Medic

Other areas of specialty/work

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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