Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of Jacobson's muscle relaxation technique on anxiety and happiness in the elderly

Protocol summary

Study aim
Determining the effect of Jacobson's muscle relaxation technique on anxiety and happiness in the elderly

Design
This study is designed as a "single" study. In this study, there is no separate control group and each person is his own control.The sample size is 27 .

Settings and conduct
The intervention includes the Jacobson method of muscle relaxation technique. At first, a training session will be held for the studied samples in the Rasht nursing home to introduce the Jacobson technique, its benefits and effects, and how to perform its steps, and then, during 8 weeks, once a week for 30 minutes, the subjects will perform the Jacobson technique under the supervision of the researcher.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Being 60 years of age or older; Volunteering to participate in the study; Ability to answer the questionnaire through writing or interviewing; Having the physical ability to perform muscle relaxation techniques. Non-entry criteria: Cognitive problems; Hearing and vision problems; Use of sedatives and anti-anxiety drugs; Acute heart problems and a history of recent heart attack; Acute respiratory problems and asthma; Previous experience of the desired technique and similar techniques

Intervention groups
In this study, there is only one group in the study and all participants receive one type of intervention.

Main outcome variables
Anxiety and happiness

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20190315043062N3**
Registration date: **2020-12-28, 1399/10/08**
Registration timing: **prospective**

Last update: **2020-12-28, 1399/10/08**
Update count: **0**

Registration date
2020-12-28, 1399/10/08

Registrant information

Name
Azar Darvishpour

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-01-20, 1399/11/01

Expected recruitment end date
2022-04-04, 1401/01/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of Jacobson's muscle relaxation technique on anxiety and happiness in the elderly

Public title
The effect of muscle relaxation on anxiety and happiness in the elderly

Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
Age 60 and older Volunteering to participate in the study Ability to answer the questionnaire through writing or interviewing Having the physical ability to perform muscle relaxation technique
Exclusion criteria:
Cognitive problems (score less than 8 from Abbreviated Mental Test (AMT) Having hearing and vision problems that cause communication problems. Using sedatives and anti-anxiety drugs while conducting research Acute heart problems and a history of recent heart attack (during the last 6 months) Acute respiratory problems and asthma Previous experience of the desired technique and similar techniques
Age
From **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **27**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
کمیته اخلاق دانشگاه علوم پزشکی گیلان
Street address
Vice Chancellor for Research and Technology., in front of the 17 Shahrivar Hospital., Shahid Siadati Street., Namjo Street
City
Rasht
Province
Guilan
Postal code
66949- 41466
Approval date
2020-11-25, 1399/09/05
Ethics committee reference number
IR.GUMS.REC.1399.399

Health conditions studied

1

Description of health condition studied
Anxiety disorder
ICD-10 code
F41.9
ICD-10 code description
Anxiety disorder, unspecified: Anxiety NOS

Primary outcomes

1

Description
Anxiety and happiness
Timepoint
Before the intervention and 8 weeks after the intervention
Method of measurement
Using the GAI Anxiety Inventory questionnaire and the Oxford Happiness questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: The intervention includes the Jacobson method of muscle relaxation technique. At first, a training session will be held for the studied samples in the Rasht nursing home to introduce the Jacobson technique, its benefits and effects, and how to perform its steps, and then, during 8 weeks, once a week for 30 minutes, the subjects will perform the Jacobson technique under the supervision of the researcher.To perform this technique, the person will first be in a comfortable position (sitting) so that the person's head and back are in a comfortable position and the person is asked to close his eyes. Selected muscle groups (such as the hands and arms, shoulders, abdomen, forehead, eyes, etc.) contract for approximately 10 to 15 seconds and then expand for 15 to 20 seconds, respectively.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Rasht Elderly Hospice

Full name of responsible person
Azar Darvishpour
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Sponsors / Funding sources

1

Sponsor
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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Rasht 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
Rasht University of Medical Sciences
Full name of responsible person
Azar Darvishpour
Position
Assistant Professor
Latest degree
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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
No - There is not a plan to make this available
Justification/reason for indecision/not sharing IPD
There is no more information
Study Protocol
No - There is not 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
No - There is not a plan to make this available
Analytic Code
Not applicable
Data Dictionary
Not applicable