

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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)

Phone

+98 13 4256 5060

Email address

darvishpour@gums.ac.ir

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

Street address

Soleymandarab, Entezam square

City

Rasht

Province

Guilan

Postal code

41467-13643

Phone

+98 13 8135 3355

Email

darvishpour_a@yahoo.com

Name of organization / entity

Rasht University of Medical Sciences

Full name of responsible person

Azar Darvishpour

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

School of Nursing and Midwifery., Shahid Yaghoub

Sheikhi Street., Leylakooch road., Langeroud

City

Langeroud

Province

Guilan

Postal code

44771-66595

Phone

+98 13 4253 6263

Email

darvishpour_a@yahoo.com

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Rasht University of Medical Sciences

Full name of responsible person

Azar Darvishpour

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

Phone

+98 13 3333 5821

Email

darvishpour_a@yahoo.com

Web page address<http://www.gums.ac.ir/research>**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****Person responsible for scientific inquiries****Contact****Name of organization / entity**

Rasht University of Medical Sciences

Full name of responsible person

Azar Darvishpour

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

School of Nursing and Midwifery., Shahid Yaghoub

Sheikhi Street., Leylakooch road., Langeroud

City

Langeroud

Province

Guilan

Postal code

4477166595

Phone

+98 13 3333 5821

Email

darvishpour_a@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

Rasht University of Medical Sciences

Full name of responsible person

Azar Darvishpour

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

School of Nursing and Midwifery., Shahid Yaghoub
Sheikhi Street., Leylakoooh road., Langeroud

City

Langeroud

Province

Guilan

Postal code

4477166595

Phone

+98 13 3333 5821

Email

darvishpour_a@yahoo.com

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