

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The effect of Benson relaxation technique on the resilience of nurses working in the corona ward

Protocol summary

Study aim

Determining the effect of Benson's relaxation technique on resilience of nurses working in the corona wards of Al-Zahra Educational and Medical Center in Isfahan in 2021

Design

Clinical trial, experimental and control groups, easy sampling, placement in two groups in pairs and individuals and random allocation, sample of 70 nurses

Settings and conduct

This study is a two-stage and three-stage clinical trial study that is performed before, immediately and one month after the intervention. The research environment of Al-Zahra Educational and Medical Center is located in Isfahan.

Participants/Inclusion and exclusion criteria

1. Be a nurse. 2. Work in the corona section of Al-Zahra Center. 3. Have a contract with the center during the study. 4. Have electronics and internet. 5. Do not take psychiatric medication. 6. Has not used complementary medicine. 7. Have a personal desire to enter the study.

Intervention groups

Experimental group: The researcher explains the process of implementation of the intervention to them and answers their questions about the research. Then there are 5 audio files that include the steps of performing Benson's relaxation technique and soft music in it, to create double relaxation and concentration; It is given to the members of the test group. Test team members should use audio files (sent to them on WhatsApp) twice a day (morning after waking up, night before bed) for 30 days; Therefore, they should sit in a comfortable chair in a quiet environment without severe stimuli and use the audio file and perform the steps of Benson relaxation technique that is taught in this file. Control group: They will not receive what was intended for the experimental group and will talk about their problems, feelings and experiences at a time after the intervention group during the session.

Main outcome variables

resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20201103049251N1**

Registration date: **2021-04-26, 1400/02/06**

Registration timing: **prospective**

Last update: **2021-04-26, 1400/02/06**

Update count: **0**

Registration date

2021-04-26, 1400/02/06

Registrant information

Name

Sayed Mohammad Sadegh Madani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3458 1608

Email address

sms.madani1997@nm.mui.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-30, 1400/02/10

Expected recruitment end date

2021-07-01, 1400/04/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Benson relaxation technique on the resilience of nurses working in the corona ward

Public title

Investigating the effect of Benson's relaxation technique on resilience

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Have a minimum degree in nursing To work as a nurse in one of the corona sections of Al-Zahra Educational and Medical Center Have a contract with Al-Zahra Medical Center at least until the end of 1400 (regardless of the type of employment status: official, contractual or ...)

Have the ability to access and use electronic devices (tablets, computers, etc.) Do not take psychiatric drugs and be mentally healthy. Has not used complementary medicine or relaxation techniques for the past 6 months. Have a personal desire to enter the study

Exclusion criteria:

No nurse intervention for at least 3 consecutive days and 5 scattered days on lunar days. Causing illness or crisis in the person so that she is unable to intervene. Reluctance to read more by the nurse. Death of nurse.

Age

From **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

All nurses are selected if they have the conditions to enter the study and then by random and odd numbers in a sealed envelope are randomly assigned to two groups of control and test. In other words, random allocation of samples in two groups The test and control will be using envelopes that will be prepared in advance using a random number table, so that the researcher will first determine that all the people to whom the odd number belongs in the control group and those to the even number. They will be placed in the test group, then we will close our eyes and put our finger on one of the digits in the table of random numbers, while the direction of movement will be determined in advance. The researcher is selected by moving the table of random numbers to the required number of even and odd numbers. All numbers will be placed in separate envelopes and all will be placed in one box. When each sample enters the study with easy entry conditions, then the number one card is opened for him and depending on whether this card is even or odd, he will be placed in one of the two groups of test and control. Thus, sampling

will continue until the specified sample volume is reached.

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

Vice Chancellor for Research and Technology, Isfahan University of Medical Sciences

Street address

East Flatori St., 14th Alley, Gol Sorkh Dead End, Pasargad Apartment

City

Isfahan

Province

Isfahan

Postal code

8193755877

Approval date

2020-12-09, 1399/09/19

Ethics committee reference number

IR.MUI.RESEARCH.REC.1399.616

Health conditions studied

1

Description of health condition studied

Resilience

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Connor & Davidson Resilience Questionnaire - This questionnaire consists of 25 questions that are on the Likert scale between zero (completely incorrect) and four (always correct). The highest score in this questionnaire is one hundred, so that the closer the subject is to one hundred, the more resilience, and conversely, the closer the score is to zero, the less resilience a person has; Therefore, the range of test scores is between 0 and 100.

Timepoint

At the beginning of the intervention (before the intervention)_immediately and one month after the

beginning of the intervention
Method of measurement
Connor & Davidson Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: At this stage, the researcher goes to the samples of the experimental group and again explains the process of intervention to them and answers their questions about the research. Then there are 5 audio files that include the steps of performing Benson's relaxation technique and soft music in it, to create double relaxation and concentration; It is given to the members of the test group. Test team members should use audio files (sent to them on WhatsApp) twice a day (morning after waking up, night before bed) for 30 days; Therefore, they should sit in a comfortable chair in a quiet environment without severe stimuli and use the audio file and perform the steps of Benson relaxation technique that is taught in this file. The researcher performs the necessary follow-up during the implementation of the intervention through short messages, messages in cyberspace, etc. to remind the implementation of the intervention.

Category

Behavior

2

Description

Control group: They will not receive the intervention as intended for the experimental group and will talk about their problems, feelings and experiences in a session sometime after the intervention group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Al-Zahra Educational and Medical Center
Full name of responsible person
Sayed Mohammad Sadegh Madani
Street address
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s.m.s.madani1376@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Esfahan University of Medical Sciences
Full name of responsible person
Dr. Shaghayegh Haghjoi Javanmard
Street address
East Flatouri St._14th_Red Alley_Pasargad Apartment
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Isfahan
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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

Esfahan 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
Esfahan University of Medical Sciences
Full name of responsible person
Sayed Mohammad Sadegh Madani
Position
student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Contact

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Person responsible for updating data

Contact

Name of organization / entity
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Full name of responsible person
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Position
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Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

Individual and personal data of the sample can not be identified in any way. Only the results of statistical data and their analysis will be shared.

When the data will become available and for how long

6 months after printing the results

To whom data/document is available

There are no restrictions on receiving information

Under which criteria data/document could be used

The use of the problem statement section, research findings and results by mentioning the source is unrestricted.

From where data/document is obtainable

s.m.s.madani1376@gmail.com

What processes are involved for a request to access data/document

The part of the research that the applicant needs is emailed.

Comments