

# 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**  
East Falatouri St.\_14th Alley\_Alley Gol  
Sorkh\_Pasargad Apartment  
**City**  
Isfahan  
**Province**  
Isfahan  
**Postal code**  
8193755877

**Phone**  
+98 31 3458 1608  
**Email**  
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  
**City**  
Isfahan  
**Province**  
Isfahan  
**Postal code**  
8193755877  
**Phone**  
+98 31 3458 1608  
**Email**  
s.m.s.madani1376@gmail.com

#### 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  
**Street address**  
East Flatori St. 14th Alley, Gol Sorkh Alley, Pasargad  
Apartment  
**City**

Isfahan  
**Province**  
Isfahan  
**Postal code**  
8193755877  
**Phone**  
+98 31 3458 1608  
**Email**  
s.m.s.madani1376@gmail.com

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Esfahan University of Medical Sciences  
**Full name of responsible person**  
Zahra Ghazavi  
**Position**  
Academic Member Instructor  
**Latest degree**  
Master  
**Other areas of specialty/work**  
Psychiatric Nursing  
**Street address**  
Nursing and Midwifery Care Research Center, Faculty of Nursing and Midwifery, Isfahan University of Medical Sciences Psychiatric Nursing Dept. Hezar Jereb Avenue  
**City**  
Esfahan  
**Province**  
Isfahan  
**Postal code**  
8174673461  
**Phone**  
+98 31 3666 4234  
**Fax**  
+98 31 3669 9398  
**Email**  
zahra\_ghazavi@nm.mui.ac.ir

## Person responsible for updating data

### 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  
**Street address**  
East Flatori St. 14th Alley, Gol Sorkh Alley, Pasargad Apartment  
**City**  
Isfahan  
**Province**  
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**Postal code**  
8193755877  
**Phone**  
+98 31 3458 1608  
**Email**  
s.m.s.madani1376@gmail.com

## 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