

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 2026

The effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in home quarantine patients with Covid -19

Protocol summary

Study aim

Determining the effect of virtual training of relaxation technique (Jacobson and Benson) on anxiety of home quarantine patients with Covid 19.

Design

The present study will be performed as a randomized clinical trial with a control group, with two parallel groups with the participation of 60 patients.

Settings and conduct

The present study will be conducted as a randomized clinical trial with the participation of 60 patients with Covid 19. After dividing the research units into control and test groups, questionnaires will be completed before the intervention. The control group receives routine quarantine care at home. In the experimental group, in addition to routine care, the intervention will be in the form of sending instructional videos on how to perform Benson and Jacobson voting techniques for four weeks. Will be completed virtually in the test and control groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a desire to participate in the study, Having an anxiety score higher than 20 based on the questionnaire Exclusion criteria: Reluctance to continue participating in the study, Use of stimulants and psychotropic drugs during the study.

Intervention groups

Intervention group: In the intervention group, in addition to routine care, the intervention will be performed in the following way: Benson and Jacobson relaxation pamphlets and educational videos will be sent to patients with Covid-19 according to the schedule. Each training message is sent to individuals twice a week for 4 weeks. Control group: The control group will receive routine quarantine care at home.

Main outcome variables

Patients' anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N34**

Registration date: **2021-01-16, 1399/10/27**

Registration timing: **prospective**

Last update: **2021-01-16, 1399/10/27**

Update count: **0**

Registration date

2021-01-16, 1399/10/27

Registrant information

Name

Mehdi Molavi Vardanjani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3422 5056

Email address

m.molavi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-19, 1399/10/30

Expected recruitment end date

2021-08-23, 1400/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in home quarantine patients with Covid -19

Public title

effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in patients with Covid -19

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having a desire to participate in the study Have access to a smartphone, the Internet and how to use WhatsApp software. Having an anxiety score higher than 20 based on the questionnaire

Exclusion criteria:

Reluctance to continue participating in the study Use of stimulants and psychotropic drugs during the study

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: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple random allocation will be done using a random number table. Patients will be randomly divided into two groups intervention(A) and control (B).

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**

Ethics Committee of Hamadan University of Medical Sciences

Street address

Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

City

Hamadan

Province

Hamadan

Postal code

38698-65178

Approval date

2020-11-11, 1399/08/21

Ethics committee reference number

IR.UMSHA.REC.1399.563

Health conditions studied**1****Description of health condition studied**

Covid-19 disease

ICD-10 code

U07. 1

ICD-10 code description

COVID-19

Primary outcomes**1****Description**

Anxiety

Timepoint

Before and two weeks after the educational intervention

Method of measurement

Spielberger anxiety questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: In the experimental group, in addition to routine care, the intervention will be performed as follows: Benson and Jacobson relaxation pamphlets and training videos will be sent to patients with Covid-19 according to the schedule. Each training message is sent to individuals twice a week for 4 weeks.

Category

Rehabilitation

2**Description**

Control group: The control group will receive routine quarantine care at home and no special intervention will be performed.

Category

Rehabilitation

Recruitment centers**1****Recruitment center**

Name of recruitment center

Shahid Besheshti hospital
Full name of responsible person
Shadi Dalvand
Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan
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shadidalvand407@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
Saeed Bashirian
Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan
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Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

Deputy of research and technology

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

Hamedan University of Medical Sciences
Full name of responsible person
Shadi Dalvand
Position
Student
Latest degree
Bachelor
Other areas of specialty/work
Nursery
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

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

Study Protocol

Undecided - It is not yet known if there will be 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

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

Clinical Study Report

Undecided - It is not yet known if there will be 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