

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Aug 2026

Examining the Effect of Benson's Relaxation Technique on sleep quality among women with Breast Cancer post mastectomy surgery

Protocol summary

Study aim

Determining the effect of Benson relaxation technique on sleep quality in women with breast cancer after mastectomy

Design

Randomized clinical trial has two groups of control and intervention that is performed on 72 patients. For randomization, permutation blocks designed by G-Power software were used.

Settings and conduct

The researcher will start sampling with the approval of the ethics committee of Sabzevar University of Medical Sciences and referring to the officials of Shahid Modarres Hospital in Kashmar. After obtaining informed written consent, the samples will enter the research. The control group will receive only the usual treatments, but the intervention group will receive the Benson relaxation technique in addition to the usual treatments. After two months, the sleep quality questionnaire will be completed by individuals again and the results will be evaluated between the two groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age between 30 and 55 years - full consciousness - Sleep quality score between 5 to 21 -No other metastatic disease -No side effects related to chemotherapy -No specific physical complications associated with surgery -No severe mental disorders. -Do not use sedatives. Criteria for not entering: or serous discharge at the operation site -Accompanying metastatic diseases -Severe mental disorders and the use of sedatives - Patients who have undergone surgery before the last four months. -Known neurological and Neuromuscular disorders -Use other therapies while studying .

Intervention groups

The control group will perform only the usual treatments, but the intervention group will receive Benson's relaxation technique in addition to the usual treatments.

Main outcome variables

Sleep quality

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20210108049964N1**

Registration date: **2021-02-06, 1399/11/18**

Registration timing: **prospective**

Last update: **2021-02-06, 1399/11/18**

Update count: **0**

Registration date

2021-02-06, 1399/11/18

Registrant information

Name

Iran Chabok

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5524 7435

Email address

chabokr9@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-02-19, 1399/12/01

Expected recruitment end date

2021-04-21, 1400/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty	
Scientific title	Examining the Effect of Benson's Relaxation Technique on sleep quality among women with Breast Cancer post mastectomy surgery
Public title	The effect of Benson relaxation technique on sleep quality in patients with mastectomy
Purpose	Supportive
Inclusion/Exclusion criteria	Inclusion criteria: Unilateral Mastectomy Ages 30 to 55 Willingness to participate in the study Have full consciousness Sleep quality score between 5 and 21 which is considered as poor sleep quality No other metastatic disease The patient has undergone all chemotherapy and radiation therapy after surgery and has been controlled for the relevant complications. No specific physical complications associated with surgery No severe mental disorders. Do not use sedatives Exclusion criteria: Occurrence of physical complications related to surgery such as hematoma or serous discharge at the operation site Accompanying metastatic diseases Severe mental disorders and the use of sedatives Patients who underwent surgery before the last four months. Known neurological disorders such as Parkinson's or multiple sclerosis at the doctor's discretion Neuromuscular disorders Use of other therapies while studying
Age	From 30 years old to 55 years old
Gender	Female
Phase	N/A
Groups that have been masked	No information
Sample size	Target sample size: 72
Randomization (investigator's opinion)	Randomized
Randomization description	The randomization method in this study is based on quadruple blocks that have been designed based on GPower software. Thus, nineteen quadruple blocks are formed and within each block, two people are considered as intervention persons and two people are considered as controls. The main goal of this method is balance. The number of participants in each group
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 Sabzevar University of Medical Sciences Street address Shahrake Tohid City Sabzevar Province Razavi Khorasan Postal code 9617913114 Approval date 2020-05-19, 1399/02/30 Ethics committee reference number IR.MEDSAB.REC.1399.061
Health conditions studied	1 Description of health condition studied Breast cancer patients undergoing mastectomy ICD-10 code N60 ICD-10 code description Benign mammary dysplasia
Primary outcomes	1 Description Percentage of people whose sleep quality score is between 5 and 21. Timepoint Measurement of sleep quality score at the beginning of the study (before the intervention) and two months after the start of the Benson relaxation technique Method of measurement Pittsburgh Sleep Quality Questionnaire
Secondary outcomes	empty
Intervention groups	1 Description Intervention group: Intervention group includes 36 female patients with breast cancer undergoing mastectomy who, in addition to the usual treatments, perform the

Benson relaxation technique twice a day, in the morning and in the afternoon, each time for twenty minutes for two months. Performing the correct Benson relaxation technique This technique is performed in the following sequence. The patient is asked to lie down in a comfortable, quiet place and close his eyes, then gently relax his muscles from the bottom of the body upwards (first the leg muscles relax and then this relaxation continues to the face) and At the same time, slowly begin to breathe deeply, inhaling through the nose and exhaling through the mouth. The patient is asked to whisper number one in order to focus more on his breathing as he exhales. The person continues this position for five minutes and during this time all the muscles of the body are at rest The patient is then asked to open his eyes slowly, so that the body is motionless for a few minutes. It is important to note that one should not worry about deep relaxation. Rather, relaxation should be allowed to occur spontaneously, and if some negative thoughts cause a loss of focus for relaxation, people are asked to ignore these thoughts.

Category

Treatment - Other

2

Description

Control group: The control group includes 36 women with breast cancer who have undergone a unilateral mastectomy. The research units in this group perform only the usual pre-study treatments and are controlled for two months in terms of exclusion criteria, etc. They will be followed up and then the sleep quality questionnaire will be completed by them again

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Cancer Screening and Diagnosis Center of Shahid Modarres Hospital

Full name of responsible person

Dr Nahid Karimi

Street address

Razi Ave

City

Kashmar

Province

Razavi Khorasan

Postal code

9675143256

Phone

+98 51 5522 7401

Fax

Email

chabokr9@mums.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Sabzevar University of Medical Sciences

Full name of responsible person

Mohammadreza Ghasemi

Street address

Shahrak Tohid

City

Sabzevar

Province

Razavi Khorasan

Postal code

9617913114

Phone

+98 51 4401 1000

Fax

+98 51 4444 5648

Email

chabokr9@mums.ac.ir

Web page address

Grant name

Sabzevar University of Medical Sciences

Grant code / Reference number

99058

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

Yes

Title of funding source

Sabzevar University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Private

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

Sabzevar University of Medical Sciences

Full name of responsible person

Raziyeh Chabok

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

No. 25, Behboodi Gharbi Ave

City

Kashmar

Province
Razavi Khorasan
Postal code
9675144635
Phone
+98 51 5524 7435
Fax
+98 51 5522 7413
Email
chabokr9@mums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity
Sabzevar University of Medical Sciences
Full name of responsible person
Dr Mostafa Rad
Position
Profesor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
Shahrak Tohid Ave
City
Sabzevar
Province
Razavi Khorasan
Postal code
9617913114
Phone
+98 51 4401 1000
Fax
+98 51 4444 5648
Email
mostafarad633@yahoo.com

Person responsible for updating data

Contact

Name of organization / entity
Sabzevar University of Medical Sciences
Full name of responsible person
Raziyeh Chabok
Position
Nurse
Latest degree
Bachelor
Other areas of specialty/work
Nursery
Street address
No. 25 , Behboodi Gharbi Ave
City
Kashmar
Province
Razavi Khorasan
Postal code
9675144635
Phone
+98 51 5524 7435
Fax
+98 51 5522 7413
Email
chabokr9@mums.ac.ir

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

Due to confidentiality and moral issues and the lack of necessity, there is no plan to publish them.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available