

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of white noise and Benson relaxation technique on death anxiety in patients undergoing coronary artery bypass graft surgery at Farshchian Hospital in Hamadan in 2021

Protocol summary

Study aim

Determining the effect of white noise and Benson relaxation technique on death anxiety in patients undergoing coronary artery bypass graft surgery.

Design

The present study is a randomized two-group clinical trial study to investigate the effect of white noise and Benson relaxation technique on the anxiety of death of 60 patients undergoing open heart surgery admitted to Farshchian cardiovascular hospital in Hamadan in 1400. The research units will be selected by available sampling method and will be randomly divided into control and test groups.

Settings and conduct

This study will be conducted with the participation of 60 patients in Farshchian Hospital in Hamadan in 1400. Patients will be randomly divided into control and test groups. In the intervention group, the patient is asked to listen to music in the morning, afternoon, and evening for 30 minutes while performing Benson's relaxation technique. In the control group, only routine care will be done. After the intervention, the questionnaire will be completed by two groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Satisfaction of patients to participate in the research, Not participating in similar Benson relaxation courses, Absence of musculoskeletal disorder. Exclusion criteria: Patient's unwillingness to participate in the study, Instability of the hemodynamic status

Intervention groups

Intervention group: Intervention group: Benson relaxation technique with white music will be taught to the experimental group by the researcher. The patient will be asked to listen to music while performing Benson's relaxation technique. At the end of the intervention, the Templer death anxiety questionnaire will be completed by the experimental and control

groups. Control group: In the control group, only routine care will be performed.

Main outcome variables

Death anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N35**

Registration date: **2021-05-15, 1400/02/25**

Registration timing: **prospective**

Last update: **2021-05-15, 1400/02/25**

Update count: **0**

Registration date

2021-05-15, 1400/02/25

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

2021-06-21, 1400/03/31

Expected recruitment end date

2021-12-22, 1400/10/01

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effect of white noise and Benson relaxation technique on death anxiety in patients undergoing coronary artery bypass graft surgery at Farshchian Hospital in Hamadan in 2021

Public title
Effect of white noise and Benson relaxation technique on death anxiety in patients

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria:
 Satisfaction of the person to participate in the research
 Not participating in similar Benson relaxation courses
 Absence of musculoskeletal disorders
Exclusion criteria:
 Instability of the patient's hemodynamic status

Age
From **40 years** old to **75 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
In the present study, the patients were registered according to the sample size (60) and according to the inclusion criteria, and using the blocking method (using a two-block method, two letters A and B with different permutations we place in blocks and randomly select 30 blocks and assign each block to 2 people) will be assigned to two groups

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

2020-12-10, 1399/09/20

Ethics committee reference number

IR.UMSHA.REC.1399.881

Health conditions studied

1

Description of health condition studied

Coronary artery disease

ICD-10 code

I25.11

ICD-10 code description

Atherosclerotic heart disease of native coronary artery with angina pectoris

Primary outcomes

1

Description

Death anxiety

Timepoint

Before and two weeks after the intervention

Method of measurement

Templer death anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, the patient will be asked to listen to music in the morning, afternoon, and evening for 30 minutes while performing Benson's relaxation technique.

Category

N/A

2

Description

Control group: In the control group, only routine care will be provided.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Farshchian 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

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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

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data

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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