Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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)

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+98 81 3422 5056

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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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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences
Full name of responsible person
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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
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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