

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jun 2026

The effect of Jacobsen relaxation application on anxiety and job stress of nurses caring for Covid 19 patients

Protocol summary

Study aim

Determining the effect of Jacobsen relaxation application on anxiety and job stress of nurses caring for Covid 19 patients

Design

A community-based, pragmatic, control group clinical trial was randomized with parallel groups.

Settings and conduct

Jacobsen relaxation technique will be performed by nurses for 30 minutes daily for one month. This technique will be performed by nurses in a private room in Shahid Beheshti Hospital in Kashan.

Participants/Inclusion and exclusion criteria

Inclusion criteria are: Age between 25 and 60 years; Work experience of more than one year; Nurse caring for patients with Covid 19; Having a smart phone with Android operating system
No entry conditions:
Simultaneous use of other complementary therapies;
Create severe anxiety at the discretion of the psychiatrist; No use or irregularity in the use of the content of the Jacobsen relaxation application

Intervention groups

At the beginning of the research, Jacobsen relaxation application will be designed by the research researchers. Then the application will be installed on the intervention group mobile. In intervention group, Jacobsen relaxation will be performed by nurses for 30 minutes daily for one month. Jacobsen relaxation technique is displayed in the application and the nurse will perform it. In the control group, nurses will not receive any intervention during the study.

Main outcome variables

Anxiety ; Job stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111210008348N51**

Registration date: **2021-04-10, 1400/01/21**

Registration timing: **prospective**

Last update: **2021-04-10, 1400/01/21**

Update count: **0**

Registration date

2021-04-10, 1400/01/21

Registrant information

Name

Neda Mirbagher

Name of organization / entity

Kashan University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 0021

Email address

mirbagher_n@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2021-08-06, 1400/05/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Jacobsen relaxation application on anxiety and job stress of nurses caring for Covid 19 patients

Public title

The effect of Jacobsen relaxation application on anxiety and job stress of nurses

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 25 and 60 years
Work experience of more than one year
Nurse caring for patients with Covid 19
Having a smart phone with Android operating system

Exclusion criteria:

Simultaneous use of other complementary therapies
Create severe anxiety at the discretion of the psychiatrist
No use or irregularity in the use of the content of the Jacobsen relaxation application

Age

From **25 years** old to **60 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

Random allocation in the two groups of intervention and control uses the method of random blocks (7 blocks of 10 people) using software.

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 Kashan University of Medical Sciences

Street address

School of Nursing and Midwifery, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran

City

Kashan

Province

Isfahan

Postal code

8715981151

Approval date

2021-03-07, 1399/12/17

Ethics committee reference number

IR.KAUMS.NUHEPM.REC.1399.088

Health conditions studied

1

Description of health condition studied

Jacobsen Relaxation

ICD-10 code

Z50

ICD-10 code description

Care involving use of rehabilitation procedures

Primary outcomes

1

Description

Anxiety

Timepoint

Before, immediately after the end of the study and one month later

Method of measurement

Spielberger Anxiety Inventory

2

Description

Job stress

Timepoint

Before, immediately after the end of the study and one month later

Method of measurement

Osipow job stress inventory

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Jacobsen relaxation technique will be performed by nurses every day for 30 minutes for a month. Jacobsen relaxation technique includes Being comfortable and then contracting and expanding different muscle groups is accompanied by deep breathing.

Category

Prevention

2

Description

Control group: No intervention will be done to reduce anxiety and job stress of control group nurses.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahid Beheshti Hospital, Kashan

Full name of responsible person

Shahla Yosofzad

Street address

School of Nursing and Midwifery, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person

Hamid Reza Banafsheh

Street address

Vice Chancellor of Research & Technology, Kashan university of medical sciences, Parastar St., Qotbe Ravandi Blv, Kashan, Iran

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kashan 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**

Kashan University of Medical Sciences

Full name of responsible person

Neda Mirbagher

Position

Associate Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

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Full name of responsible person

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Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Master's degree student in nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable