

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

The effectiveness of slow and fast music on anxiety and quality of life of people with multiple sclerosis

Protocol summary

Study aim

Does slow and fast music have an effect on reducing anxiety and improving the quality of life of people with MS?

Design

The statistical population consists of people with multiple sclerosis referring to Shiraz MS Association and 45 people will be randomly selected and if they do not take anti-anxiety medication, they will complete Beck's anxiety questionnaire and if their anxiety score is more than 7, they will enter the project. They will be. The selected people will be divided into two experimental and control groups. The test group will be placed in fast music group (15 people) and slow music group (15 people). For the pre-test, 45 selected people will be given anxiety and quality of life questionnaires, and then the intervention sessions will begin.

Settings and conduct

The intervention is carried out in Shiraz MS Association and the experimental group is subjected to 14 sessions of 20-minute passive music therapy by listening to soft songs and the next group by listening to loud songs. The control group does not receive any educational and therapeutic intervention.

Participants/Inclusion and exclusion criteria

People with Multiple Sclerosis / Entry condition: Not taking anti-anxiety medication and having a score higher than 7 in Beck's anxiety questionnaire

Intervention groups

The first intervention group is listening to music with a fast rhythm, the second intervention group is listening to music with a slow rhythm, and the third group is the control group, which does not receive any educational or therapeutic intervention.

Main outcome variables

Reducing the anxiety of people with multiple sclerosis
Increasing satisfaction with existing conditions

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230219057455N1**

Registration date: **2023-06-16, 1402/03/26**

Registration timing: **registered_while_recruiting**

Last update: **2023-06-16, 1402/03/26**

Update count: **0**

Registration date

2023-06-16, 1402/03/26

Registrant information

Name

Foroogh Safari

Name of organization / entity

Islamic Azad University of Shiraz

Country

Iran (Islamic Republic of)

Phone

+98 71 5356 1996

Email address

foroogh.safari@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-27, 1402/03/06

Expected recruitment end date

2023-07-28, 1402/05/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of slow and fast music on anxiety and quality of life of people with multiple sclerosis

Public title

The effect of slow and fast music on anxiety and quality of life of people with multiple sclerosis

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria:

People who have MS and do not take anti-anxiety medication and their anxiety score is higher than 7 in the Beck Anxiety Questionnaire.

Exclusion criteria:

People who do not have psychosis and do not have mental balance

Age

From **15 years** old to **80 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **45**

Randomization (investigator's opinion)

Not randomized

Randomization description

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 Islamic Azad University of Shiraz

Street address

Qasem Ghaedi Ave, Rezvan Street, Faz 1, Darab

City

Darab

Province

Fars

Postal code

7491693995

Approval date

2023-05-15, 1402/02/25

Ethics committee reference number

IR.IAU.SHIRAZ.REC.1402.005

Health conditions studied

1

Description of health condition studied

Anxiety and quality of life in multiple sclerosis patients

ICD-10 code

F06.4

ICD-10 code description

Anxiety disorder due to known physiological condition

Primary outcomes

1

Description

Anxiety score in Beck's questionnaire

Timepoint

The beginning of the study and the end of the 14 intervention session

Method of measurement

Beck's anxiety questionnaire

2

Description

Quality of life score in the quality of life questionnaire

Timepoint

The beginning of the study and the end of the 14 intervention session

Method of measurement

Quality of life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The first intervention group: passive music therapy by listening to fast music, The second intervention group: passive music therapy by listening to calm music.

Category

Other

2

Description

Control group: does not receive any educational and therapeutic intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

MS society of Shiraz

Full name of responsible person

Foroogh Safari

Street address

Ghasem Ghaedi Ave, Rezvan Street, Faz 2, Darab

City

Darab

Province

Fars

Postal code

7481693995

Phone

+98 917 134 1090

Email

Foroogh.Safari@Gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Foroogh Safari

Street address

Ghasem Ghaedi Ave, Rezvan Street, Faz 2, Darab

City

Darab

Province

Fars

Postal code

7481693995

Phone

+98 71 5356 1996

Email

Foroogh.Safari@Gmail.com

Grant name

Grant code / Reference number

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

No

Title of funding source

Shiraz university of medical sciences

Proportion provided by this source

1

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

Islamic Azad University

Full name of responsible person

Foroogh Safari

Position

Master's student in clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ghasem Ghaedi Ave, Rezvan Street, Faz 2, Darab

City

Darab

Province

Fars

Postal code

7481693995

Phone

+98 71 5356 1996

Email

Foroogh.Safari@Gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Foroogh Safari

Position

Master's student in clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ghasem Ghaedi Ave, Rezvan Street, Faz 2, Darab

City

Darab

Province

Fars

Postal code

7481693995

Phone

+98 71 5356 1996

Email

Foroogh.Safari@Gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Foroogh Safari

Position

Master's student in clinical psychology

Latest degree

Bachelor

Other areas of specialty/work

Psychology

Street address

Ghasem Ghaedi Ave, Rezvan Street, Faz 2, Darab

City

Darab

Province

Fars

Postal code

7481693995

Phone

+98 71 5356 1996

Email

Foroogh.Safari@Gmail.com

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