

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

Comparison of the effect Jacobson muscle progressive relaxation technique and listening to the sounds of nature on alarm fatigue in nurses of special care units.

Protocol summary

Study aim

Determining the effect of Jacobson muscle progressive relaxation technique and listening to the sounds of nature on alarm fatigue in nurses of special care units of selected hospitals of Shiraz University of Medical Sciences on 2024

Design

After the selection of qualified people, the nurses of the special care department of Namazi, Ali Asghar and Faqihi hospitals will be divided into three groups. One of the groups will be considered as the control group and the other two groups will receive the interventions as intervention groups. The total sample is 96 people.

Settings and conduct

This research is carried out in the special care units of Namazi, Ali Asghar and Faqihi hospitals in Shiraz.

Participants/Inclusion and exclusion criteria

Inclusion criteria for the study 1- Having a bachelor's degree or higher in nursing 2- Working in the Intensive Care Unit 3- Having at least 6 months of work experience 4- Working in rotating shift Exclusion criteria for the study 1- Being absent in one training session 2- Use of Psychiatric drugs 3- Having mental disorders according to the person herself/himself 4- Loss of a close family member in the last 6 months 5- Fixed shift work 6- Individual's request to withdraw from the study

Intervention groups

This research has three groups, two intervention groups perform Jacobson's relaxation techniques and listen to the sounds of nature, and the control group does not perform any intervention and fills out questionnaires.

Main outcome variables

Alarm fatigue

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160404027216N13**

Registration date: **2024-02-25, 1402/12/06**

Registration timing: **prospective**

Last update: **2024-02-25, 1402/12/06**

Update count: **0**

Registration date

2024-02-25, 1402/12/06

Registrant information

Name

Fatemeh Vizeshfir

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4258

Email address

vizeshfir@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2024-03-15, 1402/12/25

Expected recruitment end date

2024-06-20, 1403/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the effect Jacobson muscle progressive relaxation technique and listening to the sounds of nature on alarm fatigue in nurses of special care units.	
Public title	Shiraz
Effect of relaxation techniques (Jacobson and listening to the sounds of nature)	Province
Purpose	Fars
Health service research	Postal code
Inclusion/Exclusion criteria	71348-14336
Inclusion criteria:	Approval date
1- Having a bachelor's degree or higher in nursing 2- Working in the Intensive Care Unit 3- Having at least 6 months of work experience 4- Work in rotating shifts	2024-01-06, 1402/10/16
Exclusion criteria:	Ethics committee reference number
1- Being absent in one training session 2- Use of Psychiatric drugs 3- Having mental disorders according to the person herself/himself 4- Loss of a close family member in the last 6 months 5- Fixed shift work 6- Individual's request to withdraw from the study	IR.SUMS.NUMIMG.REC.1402.141
Age	Health conditions studied
No age limit	1
Gender	Description of health condition studied
Both	Alarm fatigue on Intensive Care Unit nurses
Phase	ICD-10 code
2-3	ICD-10 code description
Groups that have been masked	Primary outcomes
No information	1
Sample size	Description
Target sample size: 200	Alarm fatigue
Randomization (investigator's opinion)	Timepoint
Not randomized	Pre-intervention, post-intervention
Randomization description	Method of measurement
Blinding (investigator's opinion)	Alarm Fatigue Questionnaire by Torabizadeh et al.
Not blinded	Secondary outcomes
Blinding description	empty
Placebo	Intervention groups
Not used	1
Assignment	Description
Parallel	In the first Intervention group: Nurses receive Jacobson's sedation technique, and before that, the training of this technique is provided for them.
Other design features	Category
The research environment is three hospitals, one of which is the control group, the other intervention (Jacobson technique) and the other intervention (sounds of nature).	Other
Secondary Ids	2
empty	Description
Ethics committees	The second Intervention group: The second intervention group learns to listen to the sounds of nature. This method is performed by nurses' mobile headphones.
1	Category
Ethics committee	Other
Name of ethics committee	3
Research Ethics committees of Schools of Nursing and Midwifery, Shiraz University of Medical Science	Description
Street address	Control group: This group does not receive intervention, but they receive educational files at the end of the study.
Shiraz University of Medical sciences, opposite Palestine Street, Zand Blvd,	Category
City	Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Namazi Hospital

Full name of responsible person

Ahmad hossein zadeh

Street address

Namazi SQ

City

Shiraz

Province

Fars

Postal code

71936-13311

Phone

+98 71 3647 4332

Email

nemazee_inf@sums.ac.ir

2

Recruitment center

Name of recruitment center

Faqihi Hospital

Full name of responsible person

Seyed mohammad kazem Tadayyon

Street address

Zand Blvd

City

Shiraz

Province

Fars

Postal code

7134846114

Phone

+98 71 3235 1099

Email

FaghihiHsp@Sums.ac.ir

3

Recruitment center

Name of recruitment center

Aliasghar Hospital

Full name of responsible person

Hamideh Mirzaei

Street address

Meshkinfam St. in front of Homa Hotel

City

Shiraz

Province

Fars

Postal code

71439-18796

Phone

+98 71 3228 8602

Email

aliasghar@sums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Seyed Basir Hashemi

Street address

Central building of Shiraz University of Medical Sciences; in front of Palestine street; Zand Street

City

Shiraz

Province

Fars

Postal code

71348-14336

Phone

+98 71 3481 4336

Email

info@sums.ac.ir

Grant name

Research grant

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

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

Shiraz University of Medical Sciences

Full name of responsible person

Fateme Vizesfar

Position

Faculty member

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

Street address

Hazrat Fatemeh Nursing and Midwifery School; Namazi Square

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Person responsible for scientific inquiries

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Person responsible for updating data

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Shiraz
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Fars
Postal code
71936-13119
Phone
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Email
vizeshfarf@sums.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 the confidentiality of the data, there is no plan to publish it.

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