Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Investigating the effect of instrumental music on Anxiety, Depression and Stress of Emergency Medical Technicians in Shiraz city

Protocol summary

Study aim
Investigating the effect of Instrumental Music on Anxiety, Depression and Stress

Design
The clinical trial has two randomized intervention and control groups, and a sample size of 100 people who are divided into two separate groups by simple randomization through a lottery.

Settings and conduct
Clinical study in pre-hospital emergency department in Shiraz city with two intervention and control groups.

Participants/Inclusion and exclusion criteria
Inclusion criteria: • Continuous shifts in the EMS • At least 2 years of work experience • Consent to participate in the study • Minimum associate degree • No use of sedatives and meditation and yoga Exclusion criteria: • Not being accompanied • Long-term leave • Use of sedatives • Bereavement of loved ones • Hearing loss • Those under medical care for anxiety disorders.

Intervention groups
Intervention group: 5 tracks of instrumental music that the participant in the intervention group must listen to daily for 15 minutes in the morning and 15 minutes at night with headphones or a headset at a moderate volume for one month from the start of the intervention. Control group: Continues normal daily activities

Main outcome variables
Anxiety, Stress and Depression score

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20250211064707N1**
Registration date: **2025-03-05, 1403/12/15**
Registration timing: **prospective**
Last update: **2025-03-05, 1403/12/15**
Update count: **0**

Registration date
2025-03-05, 1403/12/15

Registrant information

Name
Esmaeil Rahimi

Name of organization / entity
Emergency Medical Service

Country
Iran (Islamic Republic of)

Phone
+98 71 3875 9310

Email address
e.rahimi@stu.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-03-10, 1403/12/20

Expected recruitment end date
2025-03-18, 1403/12/28

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of instrumental music on Anxiety, Depression and Stress of Emergency Medical Technicians in Shiraz city

Public title
Investigating the effect of instrumental music on Anxiety, Depression and Stress of Emergency Medical Technicians

Purpose
Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

Continuous shifts in the EMS At least 2 years of work experience Consent to participate in the study At least an associate's degree No use of sedatives and meditation and yoga

Exclusion criteria:

Not accompanying staff Long-term leave Use of sedatives Bereavement Hearing loss Those under medical care for anxiety disorders

Age

From **22 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

Randomization (investigator's opinion)

Randomized

Randomization description

Eligible individuals will be randomly divided into two groups: control and intervention using a simple lottery method. In order to randomly assign the people selected for the study, Excel software will be used. To do this, the RAND function will be used to assign a random number to each row. For this purpose, we will create a new column in our table, in the first cell of this column (excluding the column title), we will enter the formula =RAND() and copy it to the end of the column and at the end we will sort the random numbers and select the desired number of 50 from the rows.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Other

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committees of Shahid Sadoughi University of Medical Sciences

Street address

Foroghi St

City

Farashband

Province

Fars

Postal code

7477119391

Approval date

2024-12-04, 1403/09/14

Ethics committee reference number

IR.SSU.REC.1403.117

Health conditions studied

1

Description of health condition studied

Anxiety, Depression and Stress

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Reduction in Anxiety, Stress, and Depression scores in the intervention group on the DASS21 questionnaire

Timepoint

Assessment of Anxiety, Stress, and Depression scores before the intervention, after one month of intervention, and one month after rest in both intervention and control groups.

Method of measurement

Depression, Anxiety, and Stress Scale (DASS21) Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: 5 tracks of instrumental music that the participant in the intervention group must listen to daily for 15 minutes in the morning and 15 minutes at night with headphones or a headset at a moderate volume for one month from the start of the intervention.

Category

Prevention

2

Description

Control group: No intervention is performed and they continue with their normal daily activities.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Emergency 115 in Shiraz
Full name of responsible person
Esmaeil Rahimi
Street address
Foroghi St
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7477119391
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Email
rahimiesmaeil2@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Yazd University of Medical Sciences
Full name of responsible person
Amir Hushang Mehrparvar
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Emam Hossin St
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Yazd
Province
Yazd
Postal code
8916188637
Phone
+98 35 3628 8114
Email
dvc.research@ssu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Yazd 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
Emergency Medical Service
Full name of responsible person
Esmaeil Rahimi
Position
Emergency Medical Expert
Latest degree
Bachelor
Other areas of specialty/work
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Person responsible for updating data

Contact
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e.rahimi@stu.ac.ir

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