Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The Effect Of Progressive Muscle Relaxation On The Quality Of Sleep And Fatigue Pre-Hospital Emergency Staffs in Golestan Province In 2015

Protocol summary

Summary

The aim of this study is to determine Of Progressive Muscle Relaxation On The Quality Of Sleep And Fatigue Pre-Hospital Emergency Staffs in Golestan Province In 2015.This study is single-blind clinical trial with a sample size of 72 patients from pre-hospital emergency personnel rated poor sleep (more than 5) were selected and randomly allocated to two groups.To 36 person of interention groups، Learning relaxation techniques will be given and samples should be for 45 days, day 2 times (60 times), each time for 15 to 20 minutes, relaxation techniques to do at home. Examples of the control group did not receive special training.Finally, after the time specified in the questionnaire of fatigue and sleep the two groups were compared and analyzed the results with previous results.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201509087821N14**
Registration date: **2015-12-14, 1394/09/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-12-14, 1394/09/23

Registrant information

Name
Leila Mahasti Jouybari
Name of organization / entity
Golestan University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 17 1443 0360
Email address
jouybari@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research & Technology, Golestan University of Medical Sciences

Expected recruitment start date

2015-11-06, 1394/08/15

Expected recruitment end date

2016-02-06, 1394/11/17

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Progressive Muscle Relaxation On The Quality Of Sleep And Fatigue Pre-Hospital Emergency Staffs in Golestan Province In 2015

Public title

Effect Of Progressive Muscle Relaxation On The Quality Of Sleep And Fatigue

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: At least one year of pre-hospital in Golestan Province; Personnel working in emergency pre-hospital emergency medicine; Rated poor sleep more than 5 on the Pittsburgh Sleep Quality Index; No known chronic disease; Absence of mental illness known as depression; Not taking psychiatric drugs / hypnotics; cigarette and drug addiction. Exclusion criteria: Both physically and psychologically acute crisis during the study (deceased relatives; divorce ; hospitalization, ; ...) ; admission to a hospital

Age
No age limit
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **72**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Single 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 Deputy Research and Technology Golestan University of Medical Sciences
Street address
Gorgan, Shastkola, Golestan University Of Medical Sciences
City
Gorgan
Postal code
۷۴۵۱۵-۴۹۳۴۱
Approval date
2015-11-22, 1394/09/01
Ethics committee reference number
IR.GOUMS.Rec.139495

Health conditions studied

1

Description of health condition studied
Quality Of Sleep And Fatigue
ICD-10 code
F51
ICD-10 code description
Nonorganic sleep disorders

Primary outcomes

1

Description
Sleep quality
Timepoint
Before and after the intervention.
Method of measurement
The sleep quality questionnaire Pittsburgh

2

Description
Fatigue
Timepoint
Before and after the intervention.
Method of measurement
Fatigue questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
To sample of the study group Learning relaxation techniques will be necessary. Training as a group in a one-hour meeting with description and room status positions are done. And samples should be for 45 days, day 2 times (60 times), each time for 15 to 20 minutes, relaxation techniques to do at home. The control group did not receive special training.
Category
Rehabilitation

2

Description
The control group did not receive special training.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Center for Disaster Management and Emergency Medicine University of Medical Sciences
Full name of responsible person
DoctorAli Reza Safai، Medical Doctor
Street address
Gorgan highway eastern، side of the Gaem parking
City
Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research & Technology, Golestan University of Medical Sciences

Full name of responsible person

Dr. Masoud Kosh Nia

Street address

Deputy of Research & Technology, Golestan University of Medical Sciences,Shastkola

City

Gorgan

Grant name

مرکز تحقیقات

Grant code / Reference number

مرکز تحقیقات

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

Yes

Title of funding source

Deputy of Research & Technology, Golestan University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Center for Disaster Management and Emergency Medicine University of Medical Sciences

Full name of responsible person

Tahanian Mansour

Position

Ms Student of Critical Nursing Care

Other areas of specialty/work

Street address

Gorgan highway eastern، side of the Gaem parking

City

Gorgan

Postal code

4913953611

Phone

+98 17332621333

Fax

+98 32624010

Email

tahanianman@yahoo.com

Web page address

www.goums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Nursing Research Center, Golestan University of Medical Sciences

Full name of responsible person

Dr. Leila M Jouybari

Position

PhD

Other areas of specialty/work

Street address

Nursing Research Center ,Golestan University of Medical Sciences,Shastkola

City

Gorgan

Postal code

49165568

Phone

+98 17332430360

Fax

+98 32425171

Email

Jouybari@gmail.comJouybari@goums.ac.ir

Web page address

http://jouybari.info

Person responsible for updating data

Contact

Name of organization / entity

Nursing Research Center, Golestan University of Medical Sciences

Full name of responsible person

Dr. Leila M Jouybari

Position

PhD of NUrsing Education, Dean of NUrsing Research Center

Other areas of specialty/work

Street address

Nursing Research Center ,Golestan University of Medical Sciences,Shastkola

City

Gorgan

Postal code

49165568

Phone

+98 17332430360

Fax

+98 32425171

Email

Jouybari@gmail.comJouybari@goums.ac.ir

Web page address

http://jouybari.info

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty