

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 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

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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

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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

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

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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

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Person responsible for scientific inquiries

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Name of organization / entity

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Medical Sciences

Full name of responsible person

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Position

PhD

Other areas of specialty/work

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Person responsible for updating data

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Position

PhD of Nursing Education, Dean of Nursing Research
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Other areas of specialty/work

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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