Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis

Protocol summary

Summary
Hemodialysis is a treatment for patients with chronic renal failure, which is used to correct water and electrolyte. Fatigue is a common side effect of hemodialysis. Thus, using a non-invasive and non-pharmacological method to control and reduce fatigue is required. Progressive muscle relaxation is one of these techniques. This study was done to evaluate the effects of relaxation techniques on fatigue in patients undergoing hemodialysis. 90 dialysis patients were randomly divided into intervention and control groups. Fatigue will be measured in both groups using a questionnaire fatigue. Relaxation techniques are taught in three sessions of the intervention group. Patients will do relaxation techniques to 6 weeks, once a day at home. The control group does not have any intervention. After 6 weeks of fatigue questionnaire given to patients in both groups. The data will be analyzed by spss software.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT2013042713132N1**
Registration date: **2013-05-18, 1392/02/28**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**
Registration date
2013-05-18, 1392/02/28

Registrant information
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Recruitment status
Recruitment complete
Funding source
Research deputy, Gonabad University of Medical Sciences

Expected recruitment start date
2013-04-21, 1392/02/01
Expected recruitment end date
2013-09-06, 1392/06/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis

Public title
The effect of progressive muscle relaxation technique on fatigue in patients undergoing hemodialysis
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Patients with chronic renal failure undergoing hemodialysis; the desire to participate in the research; development levels of fatigue, based on a questionnaire fatigue index FSS; dialysis two or three times a week; over a minimum of 6 months from the first dialysis; lack of participation in the study was similar; ability of educable. Exclusion criteria: Unwillingness of patients to continue participation; there is a known

mental illness; including depression; sleep disorders.

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
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
Gonabad University of Medical Sciences

Street address
Gonabad University of Medical Sciences, Next to the Asian Road, Gonabad, Khorasan Razavi

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9691793718

Approval date
2013-03-03, 1391/12/13

Ethics committee reference number
91/5/8 /ا ک

Health conditions studied

1

Description of health condition studied
Fatigue in hemodialysis patients

ICD-10 code
z49

ICD-10 code description
Care involving dialysis

Primary outcomes

1

Description
Fatigue

Timepoint
Pre and Post

Method of measurement
Fatigue Severity Scale

Secondary outcomes

empty

Intervention groups

1

Description
Relaxation techniques are taught in three sessions of the intervention group. Patients will do relaxation techniques to 6 weeks, once a day at home.

Category
Behavior

2

Description
no intervention in control group

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Gonabad University of Medical Sciences

Full name of responsible person
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Sponsors / Funding sources

1

Sponsor

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Research Deputy, Gonabad University of Medical Sciences

Full name of responsible person
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Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research Deputy, Gonabad 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

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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