Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effective of progressive muscle relaxation on anxiety in pre university students

Protocol summary

Summary

The aim of this study was to determine the effects of progressive muscle relaxation on anxiety is pre-university students. In this clinical trial, 46 students pre-university public schools Malayer city that their inclusion criteria were randomly assigned to two groups of progressive muscle relaxation (test) control and fall. In the case group of progressive muscle relaxation program will be taught And they will be asked to once a day for a month to do it the night before. The instruments were "Beck Anxiety Inventory" tab of relaxation and a demographic questionnaire is recorded. Anxiety score of the samples using the "Beck Depression Inventory", at the beginning, during and end of the intervention will be measured. Inclusion criteria include: students who have no history of disease and anxiety disorders. Mourning history and history of hospitalization in the last 6 months and do not have a history of drug use do not have a specific exclusion criteria were: failure to complete the questionnaires, the absence of training sessions, participate in any class counseling by a psychiatrist, the occurrence of situations disaster near death, parental divorce, accident, illness and hospitalization during the likelihood of interference, do progressive relaxation of less than 15 times in the intervening time

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015083123450N3**
Registration date: **2016-04-17, 1395/01/29**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2016-04-17, 1395/01/29

Registrant information

Name
Tahereh Roozbahani
Name of organization / entity
Shahid Beheshti University of Medical Sciences, School of Nursing and Midwifery
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Recruitment status

Recruitment complete

Funding source

Shahid Beheshti University of Medical Sciences, Faculty of Nursing and Midwifery Research Committee

Expected recruitment start date

2016-02-19, 1394/11/30

Expected recruitment end date

2016-04-19, 1395/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effective of progressive muscle relaxation on anxiety in pre university students

Public title

The effect of relaxation on anxiety

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: no history of disease such as cancer, diabetes, cardiovascular disease, thyroid disorders, hepatitis, epilepsy, muscular paralysis, anemia, ulcers,

asthma, kidney problems, migraine and not have anxiety disorders, history of mourning 6 months do not have, do not have a history of hospitalization in the last 6 months, do not have any history of drug use, have the necessary cooperation for the study. Exclusion criteria: non-completion questionnaires; absence of training sessions; a lack of desire to continue cooperation in the study, illness and hospitalization during the intervention; doing relaxation program more than 15 times in the intervening time

Age
From **17 years** old to **19 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **46**

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
Ethics CommitteeShahid Beheshti University of Medical Sciences Faculty of Nursing and Midwifery

Street address
Shahid Beheshti Faculty of Nursing and Midwifery, Niyayesh Intersection, Valiasr Aveniue

City
Tehran

Postal code

Approval date
2015-05-01, 1394/02/11

Ethics committee reference number
sbmu.rec.1394.15

Health conditions studied

1

Description of health condition studied
anxiety

ICD-10 code
f42

ICD-10 code description
Obsessive-compulsive disorder

Primary outcomes

1

Description
anxiety

Timepoint
befor,during and 30 days after relaxation

Method of measurement
Beck anxiety Inventory

Secondary outcomes

empty

Intervention groups

1

Description
In the experimental group, progressive muscle relaxation program that during the 5 sessions of educational CD, booklet and PowerPoint students will be trained and they will be asked to once a day for a month bedtime this program do

Category
Behavior

2

Description
The control group received no intervention does not take place, but the end of the study can be controlled.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Seyfiyeh High school

Full name of responsible person
Tahereh Roozbahani

Street address
Alley Emamy, Park Aveniue

City
Malayer

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
vice chancellor for research, School of Nursing and

Midwifery shahid Beheshti

Full name of responsible person

Amirhosayn Barbaz Esfahani

Street address

Shahid Beheshti Faculty of Nursing and Midwifery, Niyayesh Intersection, Valiasr Aveniue

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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

vice chancellor for research, School of Nursing and Midwifery shahid Beheshti

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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Kiarash Saatchi

Position

Physical Therapist

Other areas of specialty/work

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Person responsible for scientific inquiries

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Name of organization / entity

shahid Beheshti Faculty of Nursing and Midwifery

Full name of responsible person

Manigeh Norian

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PhD Student in Nursing Education

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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