Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of stretching exercises on Restless leg syndrome and sleep quality in patients with multiple sclerosis.

Protocol summary

Summary

The aim of this study was to determine the effect of stretching exercises on restless leg syndrome and quality of sleep in patients with multiple sclerosis. In this clinical trial, 50 patients with multiple sclerosis Kermanshah city who have inclusion criteria were selected randomly in two groups stretching exercises (test) and control. Tools used"International group of restless leg syndrome", "Pittsburgh Sleep Quality Index," "Scale rating of restless leg syndrome", "Exercise record sheets". Severity of restless leg syndrome and sleep quality will be measured terminals Before intervention and the end of the fourth week and eighth week. Inclusion criteria included: patients are with restless leg syndrome have: full consciousness: not in the stage of acute and chronic multiple sclerosis: not in the stage of acute and chronic multiple sclerosis: they are able to do stretching exercises: do not consume hypnotic drug and affecting leg syndrome restless. exclusion criteria included: no exercise for three consecutive sessions and six sessions generally.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016041627427N1**
Registration date: **2016-05-23, 1395/03/03**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-05-23, 1395/03/03

Registrant information

Name

Maryam Ayarehgar

Name of organization / entity

shahid Beheshti Faculty of Nursing and Midwifery

Country

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Recruitment status

Recruitment complete

Funding source

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

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2016-01-21, 1394/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of stretching exercises on Restless leg syndrome and sleep quality in patients with multiple sclerosis.

Public title

Stretching the effect of RLS and sleep quality

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients are with restless leg syndrome: have full consciousness: not in the stage of acute and chronic multiple sclerosis: they are able to do stretching exercises: do not consume hypnotic drug and affecting leg syndrome restless. The exclusion criteria were: lack of exercise for 3 consecutive days and six

general meeting

Age
No age limit

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **50**

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
22439914

Approval date
2015-10-23, 1394/08/01

Ethics committee reference number
IR.SBMU.PHNM.1394.185

Health conditions studied

1

Description of health condition studied
Restless Leg Syndrome

ICD-10 code
G25.8

ICD-10 code description
Other specified extrapyramidal and movement

Primary outcomes

1

Description
severity of RLS symptoms

Timepoint
Before the intervention, the end of the fourth week, the end of the eighth week

Method of measurement
"Restless leg syndrome rating scale"

2

Description
Sleep Quality

Timepoint
Before the intervention, the end of the fourth week, the end of the eighth week

Method of measurement
"Pittsburgh Sleep Quality Index"

Secondary outcomes

empty

Intervention groups

1

Description
In the experimental group, Stretching exercises will be performed three times a week for eight weeks and questionnaires"Pittsburgh Sleep Quality Index" and "evaluate the severity of symptoms of restless leg syndrome" will be completed the begging, end of 4th week and 8th week

Category
Other

2

Description
The control group questionnaires" Pittsburgh Sleep Quality Index and "evaluate the severity of symptoms of restless leg syndrome" will be completed at the beginning, end of 4th week and 8th week. No intervention for the control group.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Association of Multiple Sclerosis Patients

Full name of responsible person
Maryam Ayarehgar

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108 alley,Nith Avenue, Kermanshah

City
Kermanshah

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
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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

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Name of organization / entity
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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*