Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of progressive muscle relaxation on sleep quality in patients undergoing hemodialysis

Protocol summary

Summary

The purpose of this study was to determine the effect of progressive muscle relaxation on sleep quality of patients undergoing hemodialysis in hospitals affiliated with Shahid Beheshti University of Medical Sciences in year 2010. This is a one-group before and after semi-experimental study. Based on Sample size formula, 30 patients were selected by objective oriented method and written consent of the samples was obtained for the study. Sleep quality of samples were assessed by Pittsburgh Sleep Quality Index and two weeks sleep diary, then progressive muscle relaxation was taught during the third session, after a month sleep quality of samples were assessed again and sleep quality of patients were compared before and after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902152846N5**
Registration date: **2010-10-02, 1389/07/10**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-10-02, 1389/07/10

Registrant information

Name

Tahereh Ashktorab

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2222 1543

Email address

t_ashktorab@sbmu.ac.ir

Recruitment status

Recruitment complete

Funding source

private

Expected recruitment start date

2010-04-03, 1389/01/14

Expected recruitment end date

2010-06-20, 1389/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of progressive muscle relaxation on sleep quality in patients undergoing hemodialysis

Public title

Effect of relaxation on sleep quality in patients undergoing hemodialysis

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 18 years old and over; experience of at least 6 months of hemodialysis; Hemodialysis 2 to 3 times a week; No history of mental disabilities; literacy as ability to read and write. Having full consciousness, acceptable ability of listening and speaking to answer questions and learn relaxation technique; Having the possibility of using CD-ROM Training. Exclusion criteria: If the patients didn't want to continue participating in the study; If occur a crisis or an unforeseen event for patients during the intervention period; If the patient didn't complete two weeks sleep diary; If the patient didn't complete relaxation diary.

Age
From **18 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **30**
Randomization (investigator's opinion)
N/A
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Single
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Shahid Beheshti University of Medical Sciences and Health Services
Street address
Velenjak
City
Tehran
Postal code
Approval date
2010-06-13, 1389/03/23
Ethics committee reference number
88018668151

Health conditions studied

1

Description of health condition studied
sleep disorders in hemodialysis patients
ICD-10 code
N18.9
ICD-10 code description
Chronic renal failure, unspecified

Primary outcomes

1

Description
sleep quality
Timepoint
1 month
Method of measurement
Pittsburgh Sleep Quality Index and two week sleep diary

Secondary outcomes

1

Description
insomnia
Timepoint
1 month
Method of measurement
insomnia severity index and two week sleep diary

Intervention groups

1

Description
progressive relaxation muscle training, two times a day for 1 month
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Hemodialysis center of hospitals affiliated with shahid Beheshti University of Medical Sciences
Full name of responsible person
Street address
City
Tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
private
Full name of responsible person
Maryam Saeedi
Street address
Shariati st, end of Mirdamad ave, next to Mofid hospital, Nursing and midwifery school of Shahid Beheshti
City
Tehran
Grant name
-
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source

private

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

Nursing and Midwifery school of Shahid Beheshti university

Full name of responsible person

Tahereh Ashktorab

Position

Nursing PHD, Assistant Professor

Other areas of specialty/work

Street address

Shariati st, end of Mirdamad ave, next to Mofid hospital, Nursing and midwifery school of Shahid Beheshti

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Web page address

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