Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of progressive Muscle Relaxation program on self efficacy and Quality of life in caregivers of patients with multiple sclerosis

Protocol summary

Summary
The present study has been done to determine the effectiveness of Progressive Muscle Relaxation on self efficacy and quality of life of family caregivers of patients with multiple sclerosis. Intervention under study was doing 90 sessions progressive muscle relaxation for three months and the primary outcome was self efficacy and secondary outcome was quality of life of caregivers.

General information

Acronym
IRCT registration information
IRCT registration number: **IRCT138903042861N6**
Registration date: **2010-07-01, 1389/04/10**
Registration timing: **retrospective**

Last update:
Update count: **0**
Registration date
2010-07-01, 1389/04/10

Registrant information
Name
Reza Masoodi
Name of organization / entity
Nursing department, Shahrekord University of Medical Science,
Country
Iran (Islamic Republic of)
Phone
+98 38 1333 5654
Email address
masoodi@skums.ac.ir

Recruitment status
Recruitment complete
Funding source
Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date
2009-06-05, 1388/03/15
Expected recruitment end date
2009-07-09, 1388/04/18
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of progressive Muscle Relaxation program on self efficacy and Quality of life in caregivers of patients with multiple sclerosis

Public title
The effect of progressive Muscle Relaxation program on self efficacy and Quality of life in caregivers of patients with multiple sclerosis
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: living with patient, having a merit of decision for patients, having a responsibility of patients care Exclusion criteria: Presence of other diseases such as mental disorder, cognitive disorder, addiction, or other neurologic disorder
Age
From **20 years** old to **70 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **70**
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

Shahrekord University of Medical Sciences and Health Services

Street address

Shahrekord University of Medical Sciences and Health Services, Rahmatie, Shahrekord

City

Shahrekord

Postal code

8813833435

Approval date

2008-12-11, 1387/09/21

Ethics committee reference number

21/آپ

Health conditions studied

1

Description of health condition studied

Multiple sclerosis

ICD-10 code

G35

ICD-10 code description

Demyelinating diseases of the central nervous system

Primary outcomes

1

Description

Self efficacy

Timepoint

Baseline and 3 months after intervention

Method of measurement

Questionnair

Secondary outcomes

1

Description

Quality of life

Timepoint

Baseline and 3 months after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

progressive Muscle Relaxation: 90 sessions each 45 minutes, for three months

Category

Rehabilitation

2

Description

No intervention in Control Group

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Kashani Hospital Clinic

Full name of responsible person

Reza Masoodi

Street address

Kashani Hospital, Parastar Street, Shahrekord

City

Shahrekord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Reza Masoodi

Street address

Nursing department, Shahrekord University of Medical Sciences, Rahmatie

City

Shahrekord

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shahrekord University of Medical Sciences and Health

Services

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

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Reza Rasoodi

Position

Member of Faculty and PH.D Student in Nursing

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Shahrekord University of Medical Sciences and Health Services

Full name of responsible person

Reza Masoodi

Position

Ph.D student of Nursing and Member of Faculty of Shahrekord University

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