Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

Protocol summary

Summary

The present study has been done to determine the effectiveness of Progressive Muscle Relaxation on general health and sleep quality 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 general health and secondary outcome was sleep quality of caregivers.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201010292861N9**
Registration date: **2010-11-02, 1389/08/11**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2010-11-02, 1389/08/11

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

Vice-chancellor for Research, Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date

2010-04-21, 1389/02/01

Expected recruitment end date

2010-05-27, 1389/03/06

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

Public title

Progressive muscle relaxation on general health and sleep quality of multiple sclerosis caregivers

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 **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Vice-chancellor for research, 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
empty
Ethics committee reference number
102/پ.م

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
General health
Timepoint
3 months
Method of measurement
specific questionnaire

Secondary outcomes

1

Description
Sleep quality
Timepoint
3 months
Method of measurement
specific questionnaire

Intervention groups

1

Description
Administration of progressive muscle relaxation
Category
Rehabilitation

2

Description
Routine activity for control group
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Iranian multiple sclerosis society
Full name of responsible person
Reza Masoodi
Street address
Iranian multiple sclerosis society, Vesal Ave., Tehran
City
Tehran

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
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Shahrekord
Grant name
آپ88/114
Grant code / Reference number
12320
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

Name of organization / entity
Nursing department, Shahrekord University of Medical Sciences, Rahmatie

Full name of responsible person
Reza Masoodi

Position
Member of Faculty and PH.D Student in Nursing

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