Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19 pationts

Protocol summary

Study aim
Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19 pationts

Design
This study was a clinical trial with control group with parallel design. The sample size of 65 patients was randomly divided into two equal groups.

Settings and conduct
Vasei Hospital in Sabzevar

Participants/Inclusion and exclusion criteria
Inclusion criteria: factors for entry into Nursing Research Factors of Specialty; having at least a bachelor's degree in nursing Have at least one year of work experience. Exclusion criteria: unwillingness to cooperate and withdraw from participation in the study; incomplete questionnaires by nurses; absence of a person at the training session.

Intervention groups
After approving of the study by sciences vice chancellor of Sabzevar University of Medical Sciences and completing of written consent form by all participants in the study. Nurses working in (ICU) will be divided randomly into two equal groups: 31 patients in experimental and 31 in control group. The experimental group will receive supportive intervention and get education of Benson relaxation with video tape and every nurse will get one CD and pamphlet for use in home. Nurses in experimental group will do Benson relaxation for 15 minute, twice a day during one month. No intervention will be made in control group. Job Stress and Quality of Work Life questionnaire will complete by all nurses before and 4 week after intervention.

Main outcome variables
Job Stress and Quality of Work Life

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20131113015393N6**
Registration date: **2020-03-30, 1399/01/11**
Registration timing: **registered_while_recruiting**

Last update: **2020-03-30, 1399/01/11**
Update count: **0**

Registration date
2020-03-30, 1399/01/11

Registrant information

Name
Narjes Heshmati Far

Name of organization / entity
Sabzevar University of Medical Sciences

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Iran (Islamic Republic of)

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+98 57 1444 6070

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2020-02-28, 1398/12/09

Expected recruitment end date
2020-05-29, 1399/03/09

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of Benson Relaxation on Quality of Life and job stress in nurses in intensive care units with Covid-19

pationts

Public title
Effect of Benson Relaxation on Quality of Life and job stress in nurses
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Nursing Research Factors of Specialty Having at least a bachelor's degree in nursing To not fix the nervous and psychological problem Have at least one year of work experience
Exclusion criteria:
Unwillingness to cooperate Withdraw from participation in the study Incomplete questionnaires The absence of a person at the training session
Age
From **22 years** old to **60 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **62**
Randomization (investigator's opinion)
Randomized
Randomization description
In this study, patients will have numbers after entering the order of inclusion in the study. These numbers will be selected using a random number table. Randomly place your hand on a point in the random table and then divide the numbers in pairs from left to right. Numbers are selected to fit the sample size. After the numbers of a group are assigned the numbers of the opposite group are also assigned.
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
Sabzevar University of Medical Scinces
Street address
Deputy of Research and Technology, Sabzevar University of Medical Sciences, SHohada Hastei Boulevard
City
Sabzevar
Province
Razavi Khorasan
Postal code
9617913114
Approval date
2021-03-17, 1399/12/27
Ethics committee reference number
IR.MEDSAB.REC.1398.141

Health conditions studied

1

Description of health condition studied
Job Stress
ICD-10 code
F43.0
ICD-10 code description
Acute stress reaction

Primary outcomes

1

Description
Job stress
Timepoint
Before the intervention, one month after intervention
Method of measurement
Job Stress Questionnaire Osipow

2

Description
Quality of working life
Timepoint
Before the intervention, one month after intervention
Method of measurement
Work-Related Quality of Life questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: experimental group will receive supportive intervention and get education of Benson relaxation with video tape and every nurse will get one CD and pamphlet for use in home. nurses in experimental group will do Benson relaxation for 15 minute, twice a day during one month. Job Stress and Quality of working life questionnaire will complete by experimental group before, and 4 week after intervention.
Category
Behavior

2

Description
Control group: no intervention in control group.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Sabzevar Vasei hospital
Full name of responsible person
Ali Taj Abadi
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Sabzevar Vasei hospital, Shohadaye Hasteii Boulevard
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Sabzevar University of Medical Sciences
Full name of responsible person
Fereshteh Ghorat
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Sabzevar University of Medical Sciences, SHohada Hastei Boulevard
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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
Sabzevar University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Sabzevar University of Medical Sciences
Full name of responsible person
Narjes Heshmatifar
Position
Faculty member of Sabzevar University
Latest degree
Master
Other areas of specialty/work
Nursery
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Person responsible for updating data

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Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Undecided - It is not yet known if there will be a plan to make this available

Analytic Code
Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary
Undecided - It is not yet known if there will be a plan to make this available