Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction

Protocol summary

Summary
The aim of this study was to investigate the effect of progressive muscle relaxation on the anxiety of the myocardial infarction patients. Progressive muscle relaxation program (PMR) is no drug interventions to reduce anxiety in patients. In this method patients continuously contract and then relax their muscles while they are listening to the music in a recorded tape. 76 myocardial infarction patients from Hajar hospital at 2009 were enrolled and randomly assigned to receive 90 sessions of the program for three months. Each session lasted 45 minutes. The primary outcome was anxiety in myocardial infarction patients.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT138905024438N1**
Registration date: **2010-10-07, 1389/07/15**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2010-10-07, 1389/07/15

Registrant information
Name
Safar Ali Esmaeili Vardanjani
Name of organization / entity
Shahrekord University of Medical Sciences
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Recruitment status
Recruitment complete

Funding source
Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date
2009-12-13, 1388/09/22
Expected recruitment end date
2010-01-05, 1388/10/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction

Public title
Effect of progressive muscle relaxation on anxiety in patients who have had myocardial infarction
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Presence of myocardial infarction, Willingness to participation, ability to do Progressive Muscle Relaxation Training under physician order, ability to read and write. Exclusion criteria: Presence of other diseases such as mental disorder, past history of participating in an exercise program for rehabilitation of Cardiac problem, cognitive disorder, addiction, or other neurologic disorders, serious skeletal disorder
Age
No age limit
Gender
Both

Phase
N/A

Groups that have been masked
No information
Sample size
Target sample size: **76**
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
Nursing department, nursing and midwifery college, Rahmatie, Shahrekord
City
Shahrekord
Postal code
8813833435
Approval date
2009-03-12, 1387/12/22
Ethics committee reference number
پ م/1223

Health conditions studied

1

Description of health condition studied
myocardial infarction
ICD-10 code
I21
ICD-10 code description
Acute myocardial infarction

Primary outcomes

1

Description
Anxiety
Timepoint
Baseline and 3 months after intervention
Method of measurement
Estandard Eshpilberger questionnaire

Secondary outcomes

1

Description
Disease symptom
Timepoint
Baseline and 3 months after intervention
Method of measurement
Questionnaire

Intervention groups

1

Description
For intervantion group Progressive muscle relaxation program: 90 sessions each session 45 minutes for three months. Progressive muscle relaxation program (PMR) is no drug interventions to reduce anxiety in patients. In this method patients continuously contract and then relax their muscles while they are listening to the music in a recorded tape.
Category
Rehabilitation

2

Description
In control group: Routin activities
Category
Other

Recruitment centers

1

Recruitment center
Name of recruitment center
Hajar Hospital
Full name of responsible person
Reza Masoodi
Street address
Nursing department, nursing and midwifery college, Shahrekord University of Medical Sciences, Rahmatie, 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
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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

Name of organization / entity
Shahrekord University of Medical Sciences and Health Services

Full name of responsible person
Safarali Esmaeili Vardanjani

Position
Post graduate student in nursing

Other areas of specialty/work

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Member of Faculty and Ph.D student in Nursing

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Person responsible for updating data

Contact

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