Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital

Protocol summary

Summary
The aim of this study was to investigate the effect of Progressive muscle Relaxation training on anxiety of the Schizophrenia patient that refers to Sina hospitals in Jooneghan. 46 Schizophrenia patients were randomly assigned to participate in a Progressive muscle Relaxation program for three months that include 90 sessions and each session include 45 minutes or receive routine cares. Primary outcome was anxiety and secondary outcome was the situation of patients.

General information

Acronym

IRCT registration information
IRCT registration number: **IRCT201009274438N2**
Registration date: **2010-10-15, 1389/07/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date
2010-10-15, 1389/07/23

Registrant information
Name
Safar Ali Esmaeili Vardanjani
Name of organization / entity
Shahrekord University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 38 2384 2490
Email address
s.esmaeili@khuisf.ac.ir

Recruitment status
Recruitment complete

Funding source
Shahrekord University of Medical Sciences and Health Services

Expected recruitment start date
2010-10-04, 1389/07/12
Expected recruitment end date
2010-10-12, 1389/07/20
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital

Public title
The effect of the Progressive muscle Relaxation training on the Anxiety of the chronic schizophrenic patients who refer to Sina psychiatric hospital
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria: Presence of chronic Schizophrenia, willing to participate, ability to do Progressive muscle Relaxation training under physician order Exclusion criteria: past history of participating in an exercise program for rehabilitation of mental problem, other physical problems, cognitive disorder, addiction and other neurologic disorders
Age
From **20 years** old to **65 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information

Sample size
Target sample size: **46**
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
Approval date
2009-03-12, 1387/12/22
Ethics committee reference number
1223/پ.م

Health conditions studied

1

Description of health condition studied
Chronic Schizophrenia
ICD-10 code
F20
ICD-10 code description
Schizophrenia, schizotypal and delusional disorders

Primary outcomes

1

Description
Anxiety of chronic schizophrenic patients
Timepoint
baseline and 3 months after intervention
Method of measurement
Anxiety questionnaire Cattel

Secondary outcomes

1

Description
Rehabilitation of Disease symptom
Timepoint
baseline and 3 months after intervention
Method of measurement
Specific Questionnaire

Intervention groups

1

Description
In intervention group Progressive muscle relaxation for three months and 90 sessions, each sessions include 45 minutes. 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
Treatment - Drugs

2

Description
Received routine care
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Sina center in Shahrekord University of Medical Sciences
Full name of responsible person
Street address
City
Shahrekord

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shahrekord University of Medical Sciences and Health Services
Full name of responsible person
Shahrekord University of Medical Sciences and Health Services, nursing and midwifery college
Street address
Nursing department, Nursing and midwifery college, Rahmatie, Shahrekord
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 Varddanjani
Position
Post graduate student in nursing
Other areas of specialty/work
Street address
Sina Center in Shahrekord University of Medical Sciences
City
Shahrekord
Postal code
Phone
+98 38 2746 3331
Fax
Email
safar432000@yahoo.com; s.esmaeili@khuisf.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shahrekord University of Medical Sciences and Health Services
Full name of responsible person
Jafar Moghadasi
Position
Member of faculty, Nursing department, nursing and midwifery college, Shahrekord University of Medic
Other areas of specialty/work
Street address
Nursing department, nursing and midwifery college, Shahrekord University of Medical Sciences
City
Shahrekord
Postal code
Phone
+98 38 2746 3331
Fax
Email
safar432000@yahoo.com
Web page address

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