Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

The effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in home quarantine patients with Covid -19

Protocol summary

Study aim

Determining the effect of virtual training of relaxation technique (Jacobsen and Benson) on anxiety of home quarantine patients with Covid 19.

Design

The present study will be performed as a randomized clinical trial with a control group, with two parallel groups with the participation of 60 patients.

Settings and conduct

The present study will be conducted as a randomized clinical trial with the participation of 60 patients with Covid 19. After dividing the research units into control and test groups, questionnaires will be completed before the intervention. The control group receives routine quarantine care at home. In the experimental group, in addition to routine care, the intervention will be in the form of sending instructional videos on how to perform Benson and Jacobson voting techniques for four weeks. Will be completed virtually in the test and control groups.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having a desire to participate in the study, Having an anxiety score higher than 20 based on the questionnaire Exclusion criteria: Reluctance to continue participating in the study, Use of stimulants and psychotropic drugs during the study.

Intervention groups

Intervention group: In the intervention group, in addition to routine care, the intervention will be performed in the following way: Benson and Jacobson relaxation pamphlets and educational videos will be sent to patients with Covid-19 according to the schedule. Each training message is sent to individuals twice a week for 4 weeks. Control group: The control group will receive routine quarantine care at home.

Main outcome variables

Patients' anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160110025929N34**
Registration date: **2021-01-16, 1399/10/27**
Registration timing: **prospective**

Last update: **2021-01-16, 1399/10/27**
Update count: **0**

Registration date

2021-01-16, 1399/10/27

Registrant information

Name

Mehdi Molavi Vardanjani

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 81 3422 5056

Email address

m.molavi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-01-19, 1399/10/30

Expected recruitment end date

2021-08-23, 1400/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in home quarantine patients with Covid -19

Public title
effect of virtual relaxation technique training (Jacobson and Benson) on anxiety in patients with Covid -19
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having a desire to participate in the study Have access to a smartphone, the Internet and how to use WhatsApp software. Having an anxiety score higher than 20 based on the questionnaire
Exclusion criteria:
Reluctance to continue participating in the study Use of stimulants and psychotropic drugs during the study
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: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Simple random allocation will be done using a random number table. Patients will be randomly divided into two groups intervention(A) and control (B).
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
Ethics Committee of Hamadan University of Medical Sciences
Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan
City
Hamadan
Province
Hamadan
Postal code
38698-65178
Approval date
2020-11-11, 1399/08/21
Ethics committee reference number
IR.UMSHA.REC.1399.563

Health conditions studied

1

Description of health condition studied
Covid-19 disease
ICD-10 code
U07. 1
ICD-10 code description
COVID-19

Primary outcomes

1

Description
Anxiety
Timepoint
Before and two weeks after the educational intervention
Method of measurement
Spielberger anxiety questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In the experimental group, in addition to routine care, the intervention will be performed as follows: Benson and Jacobson relaxation pamphlets and training videos will be sent to patients with Covid-19 according to the schedule. Each training message is sent to individuals twice a week for 4 weeks.
Category
Rehabilitation

2

Description
Control group: The control group will receive routine quarantine care at home and no special intervention will be performed.
Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center

Shahid Besheshti hospital

Full name of responsible person
Shadi Dalvand

Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

City
Hamadan

Province
Hamadan

Postal code
38698-65178

Phone
+98 81 3838 0535

Email
shadidalvand407@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Saeed Bashirian

Street address
Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

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s_bashirian@umsha.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
No

Title of funding source
Deputy of research and technology

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
Hamedan University of Medical Sciences

Full name of responsible person
Shadi Dalvand

Position
Student

Latest degree
Bachelor

Other areas of specialty/work
Nursery

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Shahid Fahmideh St., Hamadan University of Medical Sciences, Hamadan

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Person responsible for scientific inquiries

Contact

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Full name of responsible person
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Position
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Latest degree
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Person responsible for updating data

Contact

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
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Position
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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
Undecided - It is not yet known if there will be a plan to make this available
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