

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 2026

Comparison of Jacobson's Progressive Relaxation Technique and Laura Mitchell's Relaxation Technique in improving quality of life and sleep in COPD Patients.

Protocol summary

Study aim

To compare the effects of Jacobson's and Laura Mitchell's technique to improve the quality of life and sleep in COPD patients.

Design

Two parallel group , single blinded, randomized clinical trial with post treatment evaluation.

Settings and conduct

Gulab Devi Chest Hospital Lahore.

Participants/Inclusion and exclusion criteria

Inclusion criteria 1.Age between 20-45 years 2.COPD of 6 months or longer 3.Patients with stage 3 or 4 (According to GOLD system) 4.Patients having cognitive ability.

Exclusion criteria 1.Acute asthmatic attack 2.Repeated cough 3.Active hemoptysis 4.Cardiac instability

Intervention groups

Laura Mitchell Relaxation Technique Jacobson's Progressive Relaxation Technique

Main outcome variables

Pittsburgh Sleep Quality Index and St. George's Respiratory Questionnaire.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20191117045462N5**

Registration date: **2021-08-17, 1400/05/26**

Registration timing: **prospective**

Last update: **2021-08-17, 1400/05/26**

Update count: **0**

Registration date

2021-08-17, 1400/05/26

Registrant information

Name

Wajeeha Zia

Name of organization / entity

Riphah International University

Country

Pakistan

Phone

+92 42 35126110

Email address

wajeeha_z@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-08-31, 1400/06/09

Expected recruitment end date

2021-12-31, 1400/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of Jacobson's Progressive Relaxation Technique and Laura Mitchell's Relaxation Technique in improving quality of life and sleep in COPD Patients.

Public title

Comparison of Jacobson's Progressive Relaxation Technique and Laura Mitchell's Relaxation Technique in improving quality of life and sleep in COPD Patients.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 20-45 years COPD of 6 months or longer

Patients with stage 3 or 4 (According to GOLD system)
Patients having cognitive ability.

Exclusion criteria:

Acute asthmatic attack Repeated cough Active
hemoptysis Cardiac instability

Age

From **20 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **62**

Randomization (investigator's opinion)

Randomized

Randomization description

Patient will be blind.

Blinding (investigator's opinion)

Single blinded

Blinding description

Patients who will meet the inclusion criteria will be recruited by convenient sampling technique and allocated to groups by simple randomization process by opaque sealed envelope.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Riphah college of rehabilitation & Allied Health
Sciences

Street address

28-M, Quaid-e-Azam, Industrial Estate Kot Lakhpath ,
Lahore.

City

Lahore

Postal code

54000

Approval date

2021-03-19, 1399/12/29

Ethics committee reference number

RCRS-RE-MSPT-CPPT/Spring 20/052

Health conditions studied

1

Description of health condition studied

Severe COPD patients

ICD-10 code

J44.9

ICD-10 code description

Chronic obstructive pulmonary disease, unspecified

Primary outcomes

1

Description

Sleep

Timepoint

5 sessions per week for 2 weeks and post treatment
evaluation will be done after 2 weeks

Method of measurement

Pittsburgh Sleep Quality Index Questionnaire

Secondary outcomes

1

Description

Quality of life

Timepoint

5 sessions per week for 2 weeks and post treatment
evaluation will be done after 2 weeks

Method of measurement

Quality of life via St. George's Respiratory Questionnaire

Intervention groups

1

Description

Intervention Group: Laura Mitchell Relaxation Technique

Category

Treatment - Other

2

Description

Intervention group: Jacobson's Progressive Relaxation
Technique

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Riphah college of rehabilitation & Allied Health
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Full name of responsible person

Hajira Mujahid

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah College of Rehabilitation and Allied Health Sciences
Full name of responsible person
Wajeeha Zia
Street address
28-M, Quaid-e-Azam, Industrial Estate Kot Lakhpath , Lahore.
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wajeeha_z@yahoo.com
Grant name
Educationall
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Riphah College of Rehabilitation and Allied Health Sciences
Proportion provided by this source
100
Public or private sector
Private
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
Riphah College of Rehabilitation and Allied Health Sciences
Full name of responsible person
Hajira Mujahid
Position
Student

Latest degree
Bachelor
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Person responsible for updating data

Contact

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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