

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 Jul 2026

The effect of anxiety management skills on anxiety and satisfaction with life in Gorgan daughter high school student, 2010

Protocol summary

Summary

The present research was done with the goal of the effect of anxiety management skills on anxiety and life satisfaction in Gorgan high school student. Materials and Methods: This research is an experimental study which was done on 60 girl students in Gorgan high school. In this study a questionnaire was completed by girl students which consisted of three parts of demographic characteristics, satisfaction with life and Spielberger's anxiety scale. The method of sampling was convenient sampling. Then the samples were chosen based on internal criteria and this sampling was continued up to 60 qualified people. Then they were divided into two groups of intervention and control. For intervention group the class of anxiety management was performed. During the period, 7 people left the intervention group so they were 23 people. We used independent T test for comparing the means of anxiety and life satisfaction between control and intervention groups and for comparing scores in each group done with paired T test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201204189507N1**

Registration date: **2012-07-26, 1391/05/05**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-07-26, 1391/05/05

Registrant information

Name

Kataoun Jalali Aria

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 17 1442 6900

Email address

jalaliaria@goums.ac.ir

Recruitment status

Recruitment complete

Funding source

Deputy of Research and Technology - Golestan University of Medical Science

Expected recruitment start date

2010-10-23, 1389/08/01

Expected recruitment end date

2011-02-20, 1389/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of anxiety management skills on anxiety and satisfaction with life in Gorgan daughter high school student, 2010

Public title

Teaching of anxiety management and effect of satisfaction with life

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: 1- Score of anxiety up to 30 2- Unaffected to psychological and physical illness 3- No use of any mental medication 4- Absence of failure in final examination.

Age

From **15 years** old to **18 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

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**

Golestan University Of Medical Sciences

Street addressDeputy of Research and Tecnology-3th floor- Falsafi
Educational collection- Shast kola Road- Gorgan**City**

Gorgan

Postal code

1141- 49175

Approval date

2010-08-29, 1389/06/07

Ethics committee reference number

1465/35 پ گ

Health conditions studied**1****Description of health condition studied**

Generalized anxiety disorder

ICD-10 code

F41.1

ICD-10 code descriptionAnxiety that is generalized and persistent but not
restricted to, or even strongly predominating in, any
particular environmental circumstances (i.e. it is**Primary outcomes****1****Description**

Anxiety

Timepoint

Before studying and one week later after intervention

Method of measurement

Questionnaire of Espil Berger's Anxiety

2**Description**

Satisfaction with life

Timepoint

Before studying and one week later after intervention

Method of measurement

Questionnaire of Diner's Satisfaction with life

Secondary outcomes

empty

Intervention groups**1****Description**The coping skills for the case group about stress
management was held for about 10 session , every
session took 2 hours. Subjects contain : - Presenting
objects and meanings - Recognition of anxiety sign - Not
being self- conscious - Primary logical assessment -
Preventing from anxiety predominance - Positive thinking
- Dominating - Note taking - Controlling anxiety traits -
Renaming perception - Taking with yourself when facing
problems - Controlling of diet The method of teaching
was questioning and answering , and group discussion.
The instructor was MS psychiatric nurse .**Category**

Other

2**Description**

There was no education in control group.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Vaseghi girl high school

Full name of responsible person

Katauon Jalali Aria

Street addressFaculty of Nursing and Midwifery- Falsafi Educational
collection- Shast kola Road- Gorgan**City**

Gorgan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Deputy of Research and Tecnology- Golestan
University Of Medical Sciences

Full name of responsible person

Dr. Mohsen Araby

Street address

Deputy of Research and Tecnology- 3th floor- Falsafi
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City

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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

Deputy of Research and Tecnology- Golestan University
Of Medical Sciences

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

Gorgan Faculty Nursing and Midwifery

Full name of responsible person

Katauon Jalali Aria

Position

Academic Faculty Member/Master of Science

Other areas of specialty/work

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Other areas of specialty/work

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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