Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 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 whit 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 in to two groups of intervention and control. For intervention group the class of anxiety management was performed. During the period, 7 people of 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

Katauon Jalali Aria

Name of organization / entity

Golestan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Deputy of Research and Tecnology - 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 used of any mental medication 4- Absence of faile 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 address
Deputy 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
پ گ1465/35

Health conditions studied

1

Description of health condition studied
Generalized anxiety disorder
ICD-10 code
F41.1
ICD-10 code description
Anxiety 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
Questionaire of Espil Berger's Anxiety

2

Description
Satisfaction with life
Timepoint
Before studying and one week later after intervention
Method of measurement
Questionaire 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 address
Faculty 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 Educational collection- Shast kola Road- Gorgan

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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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Performer - Academic Faculty Member/Master of Science

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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