Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of designed self care educational program on anxiety, stress, depression and complications after TURP surgery in patients with Benign Prostatic Hyperplasia

Protocol summary

Summary

the aim of this study was to investigate the effects of designed self care educational program on anxiety, stress, depression and complications after TURP surgery in patients with benign prostatic hyperplasia. This study is a quasi-experimental research with two groups: case (n=33) and control (n=34). The samples were BPH patients referred to Milad Hospital in Tehran, who were assigned to the study without any random pre-selection processes. were assigned to the study without any random pre-selection processes. For the case group, self care educational program designed and presented in two sessions, before and after the surgery and was followed over a month after surgery But for patients in the control group did not receive any intervention ; then rate of anxiety, stress and depression in three time include: before surgery, discharge and one month after surgery, by using a standard questionnaire DASS-21 and rate of complications by using Self-Reporting complication checklists was measured and between the two groups were compared.

General information

Acronym

TURP(Trans urethral resection of the prostate), BPH(Benign Prostatic Hyperpl

IRCT registration information

IRCT registration number: **IRCT2012070610196N1**
Registration date: **2012-12-10, 1391/09/20**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-12-10, 1391/09/20

Registrant information

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Mehdi Beyramijam
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Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-08-21, 1390/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of designed self care educational program on anxiety, stress, depression and complications after TURP surgery in patients with Benign Prostatic Hyperplasia

Public title

The effect of designed self care educational program on anxiety, stress, depression and complications after TURP surgery in patients with Benign Prostatic Hyperplasia

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria of samples: being age from 45 to 80; having literacy of reading and writeing; consent to participate in the study; no neurogenic problems such as: Cerebellar ataxia, Cerebrovascular accident, dementia, multiple sclerosis, Parkinson's and other Neurogenic diseases; having the ability to perform self-care activities related to their disease have. Exclusion criteria: occurrence of critical incidents in the life or in the treatment process duration of the intervention that may affect the dependent variable; relinquishment from the study; positive test results for prostate cancer pathology during the intervention period.

Age
From **45 years** old to **80 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Not 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
Tarbiat Modares University

Street address
Tehran-Jalal Ale Ahmad Highway - Bridge of Nasr-tarbiat modares university

City
Tehran

Postal code

Approval date
2010-12-07, 1389/09/16

Ethics committee reference number
52/74865

Health conditions studied

1

Description of health condition studied
Malignant neoplasm of prostate

ICD-10 code
C61

ICD-10 code description
Malignant neoplasm of prostate

Primary outcomes

1

Description
Anxiety

Timepoint
Baseline - before discharge - a month after discharge

Method of measurement
DASS21 Questionnaire

2

Description
Stress

Timepoint
Baseline - before discharge - a month after discharge

Method of measurement
DASS 21 scale

3

Description
Depression

Timepoint
Baseline - before discharge - a month after discharge

Method of measurement
DASS21 Questionnaire

4

Description
Complications after surgery

Timepoint
During the first month after discharge

Method of measurement
Self-report checklist

Secondary outcomes

empty

Intervention groups

1

Description
Intervention for the experimental group consisted of two sessions on patient self-care issues: the first session (one hour before surgery) includes: understanding the nature of the illness, familiarity with the issues before the operation, the nature of the surgery, results before and after surgery and routines of before and postoperative care and familiarity whit diet, exercise, oral health and fluid intake after surgery; then the second session (one hour after surgery) includes: discharge planning and Home-care instructions in areas such as: nutrition and

diet at home, genital hygiene and prevent urinary-genital tract infections, exercise and activity, working, fluid intake to prevent constipation, drug use and sexuality, sitting in the bath daily, during acute urinary irritation and obstruction, which was done face to face and in patient's bedside and using appropriate teaching aids (educational pamphlets, animation files using laptop) and care processes within a month after surgery were followed up by phone by the researcher.

Category

Other

2

Description

Control: routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Milad Hospital

Full name of responsible person

Street address

Tehran, Hakim Highway, Next to Milad Tower, Milad Hospital

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tarbiat Modares University

Full name of responsible person

Mr. Moussavian

Street address

Tehran - Jalal Ale Ahmad - Paul Nasr - University - Faculty of Medical Sciences

City

Tehran

Grant name

پشتیبانی از پایان نامه ها و رساله ها

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Tarbiat Modares University

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

Tarbiat Modares University

Full name of responsible person

Mehdi Bayrami Jam

Position

MS in Nursing Education

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

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Associate Academic Member, School of Medical Sciences, Department of Nursing

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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