

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

18 Jun 2026

### Effect regular exercise activities on ways of coping with stress in nursing students of Guilan University of Medical Sciences 2010.

#### Protocol summary

##### Summary

This research is a randomized controlled trial study that assesses the effect of regular exercise activities on ways of coping with stress in nursing students. The research site is the Shahid Beheshti Nursing and Midwifery College and the research population is nursing female students. The students, who exercise regularly, will be excluded. Sampling method is multi-stage and the estimated number of samples in each group is 30. Two groups will be equal and the testimonial papers were given them with demographic and ways of coping with stress questionnaire. The exercise is for intervention group 6 weeks, 5 days in week and for control group, without exercise. The ways of coping with stress questionnaire will be completed by 2 groups after intervention. Questionnaire with 53 items which consists of 8 areas of coping style including: confrontive, distancing, self-controlling, seeking social support, escape-avoidance, planful problem solving, positive reappraisal, responsibility acceptance.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201106131087N2**

Registration date: **2011-06-28, 1390/04/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-06-28, 1390/04/07

##### Registrant information

##### Name

Rabiollah Farmanbar

##### Name of organization / entity

Guilan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 13 1552 0149

##### Email address

farmanbar@gums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Guilan University of Medical Sciences, Dr. Abdolrasol Sobhani

##### Expected recruitment start date

2010-10-09, 1389/07/17

##### Expected recruitment end date

2010-11-21, 1389/08/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effect regular exercise activities on ways of coping with stress in nursing students of Guilan University of Medical Sciences 2010.

##### Public title

The effect of exercise in dealing with stress

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Students that do not achieve regular exercise; not having disability or orthopedic problems that prevent from exercise; not using sedative drugs regularly and not having severe stressful event since last six months Exclusion criteria: Being absent for more than six sessions during the intervention; being absent for three training sessions; happening traumatic event

during the sessions.

**Age**

No age limit

**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**

Research Vice-Chancellorship Guilan University of  
Medical Sciences

**Street address**

Namjoo Avenuse- Shahid Siadati street- opposit of  
alzahra hospital-Research Vice-Chancellorship  
Building

**City**

Rasht

**Postal code**

68164-41446

**Approval date**

2010-09-28, 1389/07/06

**Ethics committee reference number**

10229

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

Coping with stress

**ICD-10 code**

F43

**ICD-10 code description**

Reaction to severe stress, and adjustment disorders

**Primary outcomes****1****Description**

The ways of coping stress

**Timepoint**

Before intervention ,1 week after intervention

**Method of measurement**

The ways of coping stress questionnaire Fulkman and  
Lazarus

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Case group designed exercises that self scholar was  
performed that includes 30 minute exercise for 6 week,5  
times in week was did..

**Category**

Lifestyle

**2****Description**

Control group during this period any exercise it did.

**Category**

N/A

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

Shahid Beheshti Nursing and Midwifery College

**Full name of responsible person**

Dr.farmanbar rabiollah

**Street address**

Shahid Beheshti Hiway- Daneshjoo Blvd-Shahid  
Beheshti Nursing and College

**City**

Rasht

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Guilan University of Medical Sciences

**Full name of responsible person**

Dr. Abdolrasol Sobhani

**Street address**

Namjoo Avenues- opposit of shahid azodi stadium

**City**

Rasht

**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Guilan 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**  
Shahid Beheshti Nursing and Midwifery College  
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farmanbar rabiollah  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

### Contact

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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*