

Clinical Trial Protocol

Iranian Registry of Clinical Trials

22 Jul 2026

The effect of Coping Skills Training on Premenstrual Tension on Female Undergraduate University of Medical Sciences In Hamedan. 2015

Protocol summary

Summary

Objective: This study to determine The effect of Coping Skills training on Premenstrual Tension of Female Undergraduate University of Medical Sciences in Hamedan. Permutation block random sampling done. This Study Population Comprised all Students Hamadan. Inclusion criteria: Patients with mild to Severe Premenstrual Syndrome score (0 to 3) on The basis of the Questionnaire. Exclusion criteria; Not to Participate in more than one Session of training classes; Married during the Study. The sample size of 70 Patients in the Intervention group and 70 in The Control Group Is Determined. In The Intervention group Coping Skills during Five sessions with Books and Pamphlets by The researcher training will be done. Primary outcome is 1 is Tension..

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015062713405N10**

Registration date: **2015-08-01, 1394/05/10**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2015-08-01, 1394/05/10

Registrant information

Name

Seyyede Zahra Masoumi

Name of organization / entity

Hamedan University of Medical Sciences, School of Nursing and Midwifery

Country

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Research Technology, Hamedan University of Medical Sciences

Expected recruitment start date

2015-09-23, 1394/07/01

Expected recruitment end date

2016-06-21, 1395/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Coping Skills Training on Premenstrual Tension on Female Undergraduate University of Medical Sciences In Hamedan. 2015

Public title

The effect of Coping Skills Training On Premenstrual Tension On Female

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: Patients with Mild to Severe PMS Shydaz score (0 to 3) on the basis of the questionnaire; Mjrdvbn, Studying an Undergraduate at University Faculty, having Regular Periods every 35 -28 days; Lack of physical and mental illness confirmed by a doctor, not having undergone any treatment to relieve symptoms of PMS; no crisis situation, do not receive formal education in the field of premenstrual stress. Exclusion criteria: not to Participate in more than one Session of training

Classes, events ester of binding Events (such as death approaches, The Separation Of Their parents) during The Study, Marital Status during the Study; Atnqal or opt out of Education Students

Age

No age limit

Gender

Female

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **1400**

Randomization (investigator's opinion)

N/A

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**

Ethics Committee of the University of Medical Sciences

Street address

Vice Chancellor of Research and Technology, Hamadan University of Medical Sciences, Shahid Fahmideh Avenue, Hamadan

City

Hamadan

Postal code

6516645977

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

IR.UMSHA.REC.1394.190

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

Communication Skills, Coping with The Stress Of Premenstrual syndrome in female students

ICD-10 code

N94.3

ICD-10 code description

Premenstrual Tension Syndrome

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

Tension

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire PSST

Secondary outcomes**1****Description**

Stress

Timepoint

Before and 3 months after intervention

Method of measurement

Questionnaire

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

Intervention 1: Intervention: The Intervention group Students Coping Skills during the 5 Sessions for 10 weeks and each week for 60 to 90 minutes for 7 of 10 Men trained. During this Intervention Pamphlet will be placed in Intervention test.

Category

Prevention

2**Description**

Control Group: to ethics in The Control group after completion of training, They will be training booklet.

Category

Treatment - Drugs

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

Hamedan University of Medical Science

Full name of responsible person

Dr Sayedeh Zahra Masoomi

Street address

Hamedan University of Medical Sciences, School of Nursing and Midwifery, Shahid Fahmideh Avenue, Hamedan

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor of Research Technolog, Hamedan
University of Medical Sciences

Full name of responsible person

Doctor Bashirian Saeed

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Hvice Chancellor of Research Technolog, Hamedan
University of Medical Siences,Shahid Fahmideh
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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

Vice Chancellor of Research Technolog, Hamedan
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**

University of Medical Sciences,

Full name of responsible person

Doctor Sayedeh Zahra Masoomi

Position

PhD in Reproductive Health / Education, School of
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Other areas of specialty/work**Street address**

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Counseling

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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