

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

Assessing the effect of stress management training on the readiness for addiction treatment among hamadan addiction centers, based on applying Health Belief Model

Protocol summary

Summary

The objective of this quasi experimental study is determination the effect of stress management training on the readiness for addiction treatment among Hamadan addiction centers, based on applying Health Belief Model. Design: A randomized intervention and control groups. Setting: Addicts who are referred to addiction center. Inclusion criteria: (a) Being male; (b) Having medical records in addiction centers; (c) Under the age of 40 years; (d) Having one to three failed treatment; (e) Period of referring: less than three months or more than one year; (f) Period of substance use before referral to treatment: Until 10 years; (g) Having consent. Exclusion criteria: (a) Addiction for a specific health disorders (such as cancer) or certain psychiatric (such as schizophrenia); (b) Not regular attendance in educational sessions. Sample size: 100 persons (each group 50). Interventions: After the pre-test in both groups of addicts, participating addicts in the intervention group will be invited to participate in four educational sessions (during three weeks). Educational program will be hold based on health belief model, group discussions and educational video. Two months after end of the program, from each group will be taken post-test and the results will be compared. Measured variables include: (a) Readiness for addiction treatment; (b) Regular referral; (c) Situation of using of stress management methods; (d) Health belief model structures; (e) Perceived Stress . Main outcome: improving lifestyle of addicts.

General information

Acronym

Health Belief Model (HBM)

IRCT registration information

IRCT registration number: **IRCT2013070713893N1**

Registration date: **2013-07-16, 1392/04/25**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2013-07-16, 1392/04/25

Registrant information

Name

Reza Shahrabadi

Name of organization / entity

Tehran university of medical science, school of public health

Country

Iran (Islamic Republic of)

Phone

+98 21 5633 7696

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r.shahrabadi@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice-chancellor of Research the Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2013-09-09, 1392/06/18

Expected recruitment end date

2014-03-09, 1392/12/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the effect of stress management training on

the readiness for addiction treatment among hamadan addiction centers, based on applying Health Belief Model

D/P/16/35/9/1034

Public title

Effect of stress management training on readiness for addiction treatment.

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: (a) Being male; (b) Having medical records in addiction centers; (c) Under the age of 40 years; (d) Having one to three failed treatment; (e) Period of referring: less than three months or more than one year; (f) Period of substance use before referral to treatment: Until 10 years; (g) Having consent. Exclusion criteria: (a) Addiction for a specific health disorders (such as cancer) or certain psychiatric (such as schizophrenia); (b) Not regular attendance in educational sessions.

Age

From **15 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **100**

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

Local human subject review board

Street address

Vice-chancellor of Research the Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Postal code

6517838695

Approval date

2013-07-03, 1392/04/12

Ethics committee reference number

Health conditions studied

1

Description of health condition studied

Drug addiction

ICD-10 code

F11

ICD-10 code description

Mental and behavioural disorders due to use of opioids

Primary outcomes

1

Description

Readiness for addiction treatment (Subjective behavior)

Timepoint

Before intervention and two months after intervention

Method of measurement

The Stages of Change Readiness and Treatment
Eagerness Scale

2

Description

Regular referral to the addiction center (Objective
behavior)

Timepoint

Before intervention and two months after intervention

Method of measurement

Questionnaire

3

Description

Situation of using of stress management methods
(Objective behavior)

Timepoint

Before intervention and two months after intervention

Method of measurement

Questionnaire

4

Description

Perceived Stress

Timepoint

Before intervention and two months after intervention

Method of measurement

Perceived Stress Scale

Secondary outcomes

1

Description

perceived susceptibility

Timepoint

Before the intervention and two months after

intervention
Method of measurement
questionnaire

2

Description

perceived benefits

Timepoint

before the intervention and two months after intervention

Method of measurement

questionnaire

3

Description

perceived barriers

Timepoint

before the intervention and two months after intervention

Method of measurement

questionnaire

4

Description

perceived severity

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

5

Description

self-efficacy

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

6

Description

Cues to action

Timepoint

before intervention and two months after intervention

Method of measurement

questionnaire

Intervention groups

1

Description

After the pre-test in both groups of addicts, participating addicts in the intervention group will be invited to participate in four educational sessions (during three weeks). Educational program will be hold based on health belief model, group discussions and educational video. Two months after end of the program, from each group will be taken post-test and the results will be

compared.

Category

Lifestyle

2

Description

Control group: no intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Taravat addiction center.

Full name of responsible person

Reza Shahrabadi.

Street address

Hamadan, Sepah Square, Taravat addiction center.

City

Hamadan

2

Recruitment center

Name of recruitment center

Raha addiction center.

Full name of responsible person

Reza Shahrabadi

Street address

Hamadan, Ename Khomeini Square, Raha addiction center

City

Hamadan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for Research the Technology, Hamadan University of Medical Sciences

Full name of responsible person

Dr Heidar Tavailani

Street address

Hamadan, Shahid Fahmideh Ave, Hamadan University of Medical Sciences

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice chancellor for Research the Technology, Hamadan University of Medical Sciences

Proportion provided by this source

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**

Hamadan university of medical science, school of public health

Full name of responsible person

Reza shahrabadi

Position

Master student of Health education

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Web page address**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***Person responsible for scientific inquiries****Contact****Name of organization / entity**

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