

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The evaluation effect Control of anger management of nursing student by using short message service (sms).

Protocol summary

Summary

Objectives : The purpose of this study was to determine the effect counseling by short message service (SMS) on anger in nursing students. Design : The current research is a quasi-experimental study with pre and post desing of control group , which was done in 2014 .Setting and conduct: At the first all male nursing Students (N=69) who were selected Census asked to fill in "demographic questionnaire and Anger Questionnaire". Participants including major eligibility criteria 58 students who were obtained score of 17 in the first questionnaires section and 75 in the both part of the second section of questionnaire sampled randomly in control group(n=30)and experimental group(n=28).Intervention :The experimental group received Anger management tips and notes by SMS in one month (one sms per a day). main outcome measures : one months after the intervention, the Anger Questionnaires of both groups that completed again by students was reassessed . The data were analyzed With the SPSS software and Paired Sample T-test.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015111314340N3**

Registration date: **2016-04-03, 1395/01/15**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-04-03, 1395/01/15

Registrant information

Name

Soheila Shamsikhani

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3502

Email address

shamsikhani@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2013-09-24, 1392/07/02

Expected recruitment end date

2014-09-24, 1393/07/02

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The evaluation effect Control of anger management of nursing student by using short message service (sms).

Public title

Control of anger by using short message service

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria : Male Sex ; Anger control score must be more than 17 in first part and in the both part of second questionnaires section over than 75. Or anger control scale of them must be less than 10 in the first part of questionnaire and in the both part of the second section of questionnaires less than 50 ; Having a mobile phone Exclusion criteria: Participants were excluded if they experienced crisis or unforeseen event during last 6

months ; History of physical and mental illness

Age

No age limit

Gender

Male

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **69**

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**

Ethics committee of Arak University of Medical Sciences

Street address

Basij Square - Sardasht

City

Arak

Postal code

Iran

Approval date

2013-06-24, 1392/04/03

Ethics committee reference number

IR.ARAKMU.REC.1392.10

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

Anger

ICD-10 code

R45.4

ICD-10 code description

Irritability and anger

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

Anger

Timepoint

Before and one month after intervention

Method of measurement

Questionnaire anger control

Secondary outcomes

empty

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

The experimental group :received sms containing educational related to anger control in one month (one sms per day).

Category

Behavior

2**Description**

Control Group:During this period, there was no Intervention . Morally presented to controls a booklet at the end of the plan

Category

N/A

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

Faculty of Nursing Khomein of Arak University of Medical Sciences

Full name of responsible person

Soheila Shamsikhani

Street address

Faculty of Nursing of Arak University of Medical Sciences-Sardasht- Basij square

City

Nursing and Midwifery Faculty

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

Vice chancellor for research, Arak University of Medical Sciences.

Full name of responsible person

Dr. Said Changizi Ashtiyani

Street address

Arak University of Mdicl Sciences- Basij square - Sardasht

City
Arak

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, Arak 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
Arak University of Medical Sciences

Full name of responsible person
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Position
MSc Nursing/Faculty Member

Other areas of specialty/work

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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