

# 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**  
Soheila Shamsikhani

**Position**  
MSc Nursing/Faculty Member

**Other areas of specialty/work**

**Street address**  
Nursing and Midwifery Faculty- Basij square-Sardasht

**City**  
Arak

**Postal code**  
3848176941

**Phone**  
+98 86 3417 3502

**Fax**

**Email**  
shamsikhani@arakmu.ac.ir

**Web page address**

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**  
Arak university of Medical Sciences

**Full name of responsible person**  
Soheila Shamsikhani

**Position**  
MSc Nursing/Faculty Member

**Other areas of specialty/work**

**Street address**  
Nursing and Midwifery Faculty- Basij square-Sardaht St

**City**  
Arak

**Postal code**  
3848176941

**Phone**  
+98 86 3417 3502

**Fax**

**Email**  
shamsikhani@arakmu.ac.ir

**Web page address**

## Person responsible for updating data

### Contact

**Name of organization / entity**  
Arak university of Medical Sciences

**Full name of responsible person**  
Soheila Shamsikhani

**Position**  
MSc Nursing/Faculty Member

**Other areas of specialty/work**

**Street address**  
Nursing and Midwifery Faculty- Basij square-Sardaht St

**City**  
Arak

**Postal code**  
3848176941

**Phone**  
+98 86 3417 3504

**Fax**  
+98 86 3341 3524

**Email**  
shamsikhani@arakmu.ac.ir

**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*