

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

20 Jun 2026

### Effectiveness of multimodal therapy on perceived stress in multiple sclerosis

#### Protocol summary

##### Summary

This study will investigate the effectiveness of multimodal therapy on stress in multiple sclerosis. We have two groups and we intervene in experimental group for 12 sessions. Assessments will done in pre, post and follow up. In the end of the therapy, we will compare scores between two groups.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013102615166N1**

Registration date: **2014-01-07, 1392/10/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-01-07, 1392/10/17

##### Registrant information

###### Name

Mahmood Bahramkhani

###### Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 2218 0045

###### Email address

m.bahramkhani@uswr.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

University of Social Welfare and Rehabilitation Sciences

##### Expected recruitment start date

2013-11-01, 1392/08/10

##### Expected recruitment end date

2013-12-31, 1392/10/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of multimodal therapy on perceived stress in multiple sclerosis

##### Public title

Treatment of stress in MS

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: affection on MS; acquisition score upper than 23 in GHQ; rule out psychotic and major personality disorder; acquisition high score in Cohen stress questionnaire. Exclusion criteria: acquisition of the score lower than 23 in general health questionnaire; diagnosis of psychotic and personality disorders; low score in stress questionnaire.

##### Age

No age limit

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **40**

##### 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**  
University of Social Welfare and Rehabilitation Sciences  
**Street address**  
Kodakyar street, Velenjak  
**City**  
Tehran  
**Postal code**  
**Approval date**  
2013-09-23, 1392/07/01  
**Ethics committee reference number**  
uswr.rec.1392.35

## Health conditions studied

### 1

**Description of health condition studied**  
Multiple sclerosis  
**ICD-10 code**  
G35  
**ICD-10 code description**  
Multiple sclerosis

## Primary outcomes

### 1

**Description**  
Perceived stress  
**Timepoint**  
pre and post and 3 months follow-up  
**Method of measurement**  
Cohen questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**  
Lazarus multimodal therapy in treatment group. this

intervention method based on cognitive behavior therapies that people assess based on seven modality. then by some behavior and cognitive techniques, patients cope with their problems.

**Category**  
Behavior

### 2

#### Description

we will not apply any intervention in this group. this group only will apply to compare with intervention group.

**Category**  
Other

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**  
Shahid Bolandian Health center  
**Full name of responsible person**  
**Street address**  
**City**  
Qazvin

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Treatment Adjutancy of Qazvin  
**Full name of responsible person**  
Abdollah Keshavarz  
**Street address**  
Qazvin  
**City**  
Qazvin  
**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
Yes  
**Title of funding source**  
Treatment Adjutancy of Qazvin  
**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 Social Welfare and Rehabilitation Sciences

**Full name of responsible person**

Mahmood Bahramkhani

**Position**

Ph.D candidate

**Other areas of specialty/work****Street address**

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**Fax****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*