

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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Full name of responsible person

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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