

Clinical Trial Protocol

Iranian Registry of Clinical Trials

29 Jun 2026

Effect of coping strategies training on the use of coping strategies and quality of life in adolescents with thalassemia major the martyr Dastgheib Hospital, Shiraz 2012

Protocol summary

Summary

Objective: Determining the effect of coping strategies training on using them and quality of life in adolescents with thalassemia major. Inclusion criteria: 1) presence of patient having Beta thalassemia major 2) necessity of blood transfusion 3) not suffering from chronic physical and mental illnesses according to information mentioned in patients case and physician diagnosis. Exclusion criteria: 1) patients deaths 2) patients unwillingness to continue cooperation or discontinuation of cooperation 3) diagnosis of another chronic physical or mental illness by physician during the research or happening any stressful events for patient and his/her family. Method: Randomized clinical trial with intervention and control group. Study group: 11-18 years old patients having thalassemia major of Dastgheib hospital in Shiraz. Sample: 87 patients (44 patients in experimental group and 43 patients in control group). Intervention: for experimental group 6 individual training session consisting of 90 minutes was conducted. one and two month after intervention the impact training program on using coping strategies and quality of life was measured. primary consequences of this study is coping strategies and Patient's quality of life.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013112215484N1**
Registration date: **2014-04-19, 1393/01/30**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-04-19, 1393/01/30

Registrant information

Name

Afie Naderi dareshori

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-Chancellor for Research and Technology of Shiraz University of Medical Sciences

Expected recruitment start date

2013-03-10, 1391/12/20

Expected recruitment end date

2013-05-20, 1392/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of coping strategies training on the use of coping strategies and quality of life in adolescents with thalassemia major the martyr Dastgheib Hospital, Shiraz 2012

Public title

Effect of coping strategies training on the use of coping strategies and quality of life in adolescents with thalassemia major

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: being 11-18 years old; presence of patient having Beta thalassemia major; necessity of blood transfusion; not suffering from chronic physical and mental illnesses according to information mentioned in patients case and physician diagnosis; complete satisfaction and Willingness of patients and their parents to participate in research; literacy of patients; Access to telephone to follow the training program by researcher; Participation in all of the training sessions; living with parents (nuclear family); not taking Yoga and acupuncture and other complementary medicine. Exclusion criteria: patients deaths; patients unwillingness to continue cooperation or discontinuation of them during research; diagnosis of another chronic physical or mental illness by physician during research or happening any stressful events for patient and his/her family.

Age

From **11 years** old to **18 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **87**

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 Shiraz University of Medical Sciences

Street address

Seventh floor, Shiraz University of Medical Sciences and Health Services, Next to Red Crescent Organization, Zand blvd

City

Shiraz

Postal code

71345-1978

Approval date

2013-05-14, 1392/02/24

Ethics committee reference number

CT-92-6527

Health conditions studied

1

Description of health condition studied

Thalassemia

ICD-10 code

D56.1

ICD-10 code description

Major Thalassemia

Primary outcomes

1

Description

Coping Strategy

Timepoint

Before intervention, 1 month and 2 month after intervention

Method of measurement

Questionnaire

2

Description

Quality of life

Timepoint

Before intervention, 1 month and 2 month after intervention

Method of measurement

Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: training coping strategies for patients was conducted in the form of 6(90min) individual sessions, consisting of lectures and question and answer and.... One and two month after intervention, coping strategies and quality of life questionnaire were completed.

Category

Rehabilitation

2

Description

Control group: routine care

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Dastgheib Hospital

Full name of responsible person

Dr Mehran Karimi

Street address

Dastgheib Hospital, Hafeziyeh street

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Services, Next to Red Crescent Organization, Zand blvd

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Hashemif@sums.ac.ir

Web page address

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-Chancellor for Research and Technology of Shiraz University of Medical Sciences

Full name of responsible person

Dr Gholamreza Hatam

Street address

Seventh floor, Shiraz University of Medical Sciences and Health Services, Next to Red Crescent Organization, Zand blvd

City

Shiraz

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 and Technology of Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Fatemeh Hashemi

Position

MS in nursing

Other areas of specialty/work

Street address

Shiraz University of Medical Sciences and Health

Person responsible for scientific inquiries

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Web page address

empty

Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty