

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of life skills education on perceived social support and social functioning in veterans with post traumatic stress disorder.

Protocol summary

Summary

This study has aimed to determine the effect of life skills education on perceived social support and social functioning in veterans with post-traumatic stress disorder. Inclusion criteria were: veterans with chronic PTSD which Their diagnosis was confirmed by a psychiatrist; PTSD Veterans with signs of anxiety and mood disorders in partial remission; Lack of physical disability includes blindness, deafness and disability percentage more than 50% and Exclusion Criteria were: Failure to correct and complete response to the questionnaires; Reluctance and refusal samples to continue for participate in the study. A interventional study of 60 persons PTSD veterans who were randomly selected in the Tehran province. then these persons were divided into three groups of 20 persons, including one group intervention for effective communication skills education And other intervention group for emotions management skills education and a group was as well as control group. The intervention period lasted for three months. The study showed that life skills education the desired leads to increased levels of social functioning and perceived social support in PTSD Veterans.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013112415512N1**

Registration date: **2013-12-24, 1392/10/03**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-12-24, 1392/10/03

Registrant information

Name

Ahmadali Amirifar

Name of organization / entity

Baqiyatallah Medical University

Country

Iran (Islamic Republic of)

Phone

+98 21 2228 9941

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fazel123@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

The project sponsored by Baqiyatallah Medical University.

Expected recruitment start date

2013-04-21, 1392/02/01

Expected recruitment end date

2013-08-21, 1392/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of life skills education on perceived social support and social functioning in veterans with post traumatic stress disorder.

Public title

The effect of life skills education on post traumatic stress disorder.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: veterans with chronic PTSD which Their diagnosis was confirmed by a psychiatrist; Having at least diploma degree; Having maximum age to 50 years;

PTSD Veterans with signs of anxiety and mood disorders in partial remission; PTSD Veterans who have not passed effective communication and emotions management skills education; Lack of physical disability includes blindness, deafness and disability percentage more than 50%. Exclusion Criteria: Failure to correct and complete response to the questionnaires; Reluctance and refusal samples to continue for participate in the study; PTSD patients in the acute phase; PTSD patients with psychotic, personality and substance abuse disorders; Failure to complete assigned exercises (less than 70% of the assigned exercises); Increased physical complaints (pain) for participants to overly tolerable.

Age

From **35 years** old to **50 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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**

Baqiyatallah Medical University

Street address

Baqiyatallah Medical University, Sheikh Bahai
Southern St, Mollasadra St, Vank Sq.

City

Tehran

Postal code

19945546

Approval date

2013-02-18, 1391/11/30

Ethics committee reference number

390

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

Post-traumatic Stress Disorder

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic Stress Disorder

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

Social Functioning

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Social Adaptation Self-evaluation Scale

2**Description**

Perceived Social Support

Timepoint

Before the intervention and three months after the intervention

Method of measurement

Multidimensional Scale of Perceived Social Support

Secondary outcomes

empty

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

The first intervention was group education of effective communication skill which was performed in three sessions of two hours during three weeks for the first intervention group.

Category

Lifestyle

2**Description**

The second intervention was group education of emotions management skill which was performed in three sessions of two hours during three weeks for the second intervention group

Category

Lifestyle

3**Description**

The control group was without any intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Sadr Mental Hospital

Full name of responsible person

Mohammad Khazaei MSc Student of Psychiatric Nursing

Street address

Sadr Mental Hospital, Delpazir Deadlock, Baradaran Rahmani, Pirouz Sq.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Baqiyatallah Medical University

Full name of responsible person

Sohil Najafi Mehri

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Baqiyatallah Medical University, Sheikh Bahai Southern St, Mollasadra St, Vank Sq

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Baqiyatallah Medical University

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**

Baqiyatallah Medical University

Full name of responsible person

Masoud Sirati Nir

Position

Assistant Professor/ Nurse PhD

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Person responsible for scientific inquiries

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Person responsible for updating data

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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