

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### The efficacy of cognitive behavior therapy on quality of life and anxiety of hematology and oncology section,s nurses

#### Protocol summary

##### Summary

Objectives: This study aims at investigating the effects of cognitive behavior therapy on quality of life and anxiety of Hematology and Oncology sections nurses and comparing the results to those of control group. Design: This study is a semi-experimental research based on pre-test and post-test with a control group. Research population consists of all hematology and oncology sections nurses. From the above-mentioned population, 30 subjects have been selected through available non-random sampling. Setting and conduct: Subjects are divided into two experimental and control groups in a random manner. Then, subjects in the experimental group are being trained for cognitive behavior therapy in 8 sessions. Subjects in control group will not receive any training. Major Inclusion and Exclusion criteria: Working at hematology and oncology sections, Interested in attending in the study, and not having severe mental illnesses are of criteria for entering into the study. Not interested in attending in study and accompanied sever mental diseases are of criteria for exiting from the study. Interventions: Subjects in both experimental and control groups will be initially tested using measuring tools for quality of life and anxiety. Then, subjects in the experimental group are being trained for "cognitive behavior therapy" and will be post-tested for the extent of change in quality of life and anxiety and compared to those in control group. Main outcome measures: quality of life and anxiety are elementary consequent variables.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016072615590N4**

Registration date: **2016-09-04, 1395/06/14**

Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2016-09-04, 1395/06/14

##### Registrant information

###### Name

Mansoor Beyrami

###### Name of organization / entity

Tabriz University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 914 313 4470

###### Email address

m.bayrami@tabrizu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice chancellor for research, Hematology and Oncology Research , Tabriz University of Medical Science

##### Expected recruitment start date

2016-08-22, 1395/06/01

##### Expected recruitment end date

2016-10-22, 1395/08/01

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The efficacy of cognitive behavior therapy on quality of life and anxiety of hematology and oncology section,s nurses

##### Public title

Psychotherapy on quality of life and anxiety of nurses

##### Purpose

Treatment

### **Inclusion/Exclusion criteria**

Inclusion criteria: Working at hematology and oncology sections; Interested in attending in study; not having severe mental illness. Exclusion criteria: Not interested in attending in study; having severe mental illness sessions.

### **Age**

No age limit

### **Gender**

Both

### **Phase**

2

### **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**

Committee for Ethics in biomedical research of Tabriz University of Medical Science

##### **Street address**

4th office, First Floor, Ghazi Hospital, Tabriz University of Medical Science, Golghasht Street, Tabriz

##### **City**

Tabriz

##### **Postal code**

#### **Approval date**

2006-07-20, 1385/04/29

#### **Ethics committee reference number**

TBZMED.REC.1395.400

## **Health conditions studied**

### 1

#### **Description of health condition studied**

Anxiety

#### **ICD-10 code**

F40

### **ICD-10 code description**

Phobic anxiety disorders

## **Primary outcomes**

### 1

#### **Description**

Quality of life

#### **Timepoint**

Before treatment and 1 week after

#### **Method of measurement**

World Quality of Life Questionnaire

### 2

#### **Description**

Anxiety

#### **Timepoint**

Before treatment and 1 week after

#### **Method of measurement**

Beck Anxiety Questionnaire

## **Secondary outcomes**

empty

## **Intervention groups**

### 1

#### **Description**

Experiment group will intervened with cognitive behavior therapy in 8 sessions. The component of intervention is: Knowing about anxiety, coping with stress, Relaxation, Diagnosing and coping negative thought

#### **Category**

Behavior

### 2

#### **Description**

Control group do not receipt any treatment program.

#### **Category**

N/A

## **Recruitment centers**

### 1

#### **Recruitment center**

##### **Name of recruitment center**

Hematology and Oncology Research Center, Tabriz University of Medical Sciences, Tabriz, Iran

##### **Full name of responsible person**

Pari Ghaem

##### **Street address**

2th office, First Floor, Ghazi Hospital, Tabriz University of Medical Science, Golghasht Street, Tabriz

##### **City**

Tabriz

## Sponsors / Funding sources

1

### Sponsor

**Name of organization / entity**

Vice chancellor for research, Tabriz University of Medical Sciences

**Full name of responsible person**

Jamal Eyvazi

**Street address**

3rd office, First Floor, Ghazi Hospital, Tabriz University of Medical Sciences, Golghasht Street, Tabriz

**City**

Tabriz

**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, Tabriz 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**

Tabriz University

**Full name of responsible person**

Shirin Zeinali

**Position**

PhD of psychology

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

Child Psychology Office, Fourth Floor, Milad building, Corner of Milli Bank, 17 Shahrivar Street, Tabriz

**City**

Tabriz

**Postal code****Phone**

+98 41 3557 5849

**Fax****Email**

shirinzeinali@yahoo.com

**Web page address**

## Person responsible for scientific

## inquiries

**Contact****Name of organization / entity**

Tabriz University

**Full name of responsible person**

Jalil Babapour

**Position**

PhD

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

First Floor, Faculty of Psychology, Tabriz University, Emam Street, Tabriz

**City**

Tabriz

**Postal code****Phone**

+98 41 3339 2080

**Fax****Email**

shirinzeinali@yahoo.com

**Web page address**

## Person responsible for updating data

**Contact****Name of organization / entity**

Tabriz University

**Full name of responsible person**

Shirin Zeinali

**Position**

PhD

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

Faculty of Psychology, Tabriz University, Emam Street, Tabriz

**City**

Tabriz

**Postal code****Phone**

+98 41 3557 5849

**Fax****Email****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*