Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 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 ofcognitive 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

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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

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

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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

Wrold 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

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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
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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
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

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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