

Clinical Trial Protocol

Iranian Registry of Clinical Trials

31 May 2026

The effect of cognitive behavioral stress management on quality of life in patients with psychosomatic disorder refers to the Isfahan psychiatry clinic in 2013.

Protocol summary

Summary

The goal of this study is the effect of cognitive behavioral stress management on quality of life in patients with psychosomatic disorder refers to the Isfahan psychiatry clinic in 2013. This study is randomized control trail and has two groups. every groups are 35 persons. we have 8 sessions weekly for intervention group. we give an audio CD to control group after intervention.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2014071418481N1**

Registration date: **2014-11-04, 1393/08/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2014-11-04, 1393/08/13

Registrant information

Name

Esmat Rahimi

Name of organization / entity

Isfahan university of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 31 3441 7223

Email address

rahimiesmat44@yahoo.com

Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Science

Expected recruitment start date

2014-05-08, 1393/02/18

Expected recruitment end date

2014-09-11, 1393/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of cognitive behavioral stress management on quality of life in patients with psychosomatic disorder refers to the Isfahan psychiatry clinic in 2013.

Public title

The effect of stress management on quality of life in patients psychosomatic disorders

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria; Age up 18; Don't have any sever mental disease like schizophrenia and MDD; Don't have substance abuse Exclusion criteria; Absent up 2 session; Don't want stay at study

Age

From **18 years** old to **139 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

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

Isfahan University of Medical Sciences

Street address

Nursing midwifery school; Isfahan University of
Medical Science; Hezar garib St; Isfahan

City

Isfahan

Postal code

8174673461

Approval date

2004-05-06, 1383/02/17

Ethics committee reference number

393158

Health conditions studied

1

Description of health condition studied

psychsomatic disorders

ICD-10 code

F54

ICD-10 code description

Psychological and behavioural factors associated with
disorders or diseases classified elsewhere

Primary outcomes

1

Description

quality of life

Timepoint

pre- 2 monthes after and 1 month following end of
program

Method of measurement

sf-36 questioner

Secondary outcomes

1

Description

Quality of life and its 8 dimens

Timepoint

pre- 2 monthes fter and 1 month after following program

Method of measurement

SF36 score

Intervention groups

1

Description

For intervention group 8 session weekly cognitive
behavioral stress management

Category

Lifestyle

2

Description

For control group after filled the questioner; will give
them a book about psychosomatic disorders and audio
CD

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Psychological Clinic

Full name of responsible person

Hamid Afshar Zanjani

Street address

Isfahan Psychological Clinic; Shariati St; Isfahan

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Ashraf Kazemi

Street address

Isfahan University of Medical Sciences; Hezar jarib ST;
Isfahan

City

Isfahan

Grant name

393158

Grant code / Reference number

393158

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Isfahan 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

Isfahan University of Medical Science

Full name of responsible person

Fariba Taleghani

Position

nursing PHD

Other areas of specialty/work

Street address

nusing midwifery school; Isfahan University of Medical Science; Hezar garib St; Isfahan

City

Isfahan

Postal code

8174673461

Phone

+98 31 3792 2901

Fax

-

Email

webmaster@nm.mui.ac.ir

Web page address

http://nm.mui.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Isfahan University of Medical Science

Full name of responsible person

Mohsen Yazdani

Position

Master

Other areas of specialty/work

Street address

Nursing and Midwifery School; Isfahan University of Medical Sciences; Hezar garib St; Isfahan

City

Isfahan

Postal code

-

Phone

+98 31 3792 2960

Fax

-

Email

mohsen_yazdani@nm.mui.ac.ir

Web page address

-

Person responsible for updating data

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Mohsen Yazdani

Position

Masters of degree

Other areas of specialty/work

Street address

nursing midwifery school; Isfahan University of Medical sciences; Hezar garib St; Isfahan

City

Isfahan

Postal code

8174673461

Phone

+98 31 3792 2960

Fax

-

Email

mohsen_yazdani@nm.mui.ac.ir

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