

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

The effectiveness of Resiliency training on reducing anxiety symptoms in adolescents with heart disease

Protocol summary

Summary

Background: Anxiety disorder is a common psychiatric disorder among heart patients. Due to the side effects of medication, the use of non-drug therapies seems necessary. The purpose of this study was to determine the effectiveness of resiliency training in reducing anxiety symptoms in patients with heart disease. Methods: In this clinical trial study, 20 patients (16 males and 4 females) of patients referred to Imam Ali (AS) in Kermanshah are selected by convenience sampling and randomly are placed in the experimental and control groups. In addition to routine cardiovascular treatment this study the intervention group receive teaching resiliency but the control group just receives the cardiovascular treatment. Patients will respond to Beck Anxiety Inventory before and after intervention and 2 months after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014072318567N1**
Registration date: **2015-01-18, 1393/10/28**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-18, 1393/10/28

Registrant information

Name

Zahra Jalili

Name of organization / entity

Kermanshah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

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Recruitment status

Recruitment complete

Funding source

Research center of Kermanshah University of Medical Sciences

Expected recruitment start date

2014-09-23, 1393/07/01

Expected recruitment end date

2014-11-21, 1393/08/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of Resiliency training on reducing anxiety symptoms in adolescents with heart disease

Public title

The effectiveness of Resiliency training on reducing anxiety symptoms in adolescents with heart disease

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: anxiety, have heart disease; resiliency; living in Kermanshah Exclusion criteria: not living in Kermanshah; the patient is not able to carry out their daily activities

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked
No information

Sample size
Target sample size: 20

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Questionnaire for anxiety and depression (Beck),
educational program for teaching resiliency

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Kermanshah University of
Medical Sciences

Street address

Kermanshah University of Medical Sciences, Shaheed
Beheshti Bolvard, Kermanshah

City

Kermanshah

Postal code

6715847134

Approval date

2014-09-06, 1393/06/15

Ethics committee reference number

23310

Health conditions studied

1

Description of health condition studied

Anxiety in adolescents with heart disease

ICD-10 code

F41

ICD-10 code description

Other anxiety disorders

Primary outcomes

1

Description

Anxiety

Timepoint

Before and after intervention and 2 months after of ending

intervention

Method of measurement

Beck Anxiety Inventory (BAI)

Secondary outcomes

empty

Intervention groups

1

Description

In addition to routine cardio vascular treatment this
study the intervention group receive 12 session of
teaching resiliency (Henderson & Milstein).

Category

Behavior

2

Description

The control group just receives the cardio vascular
treatment

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Imam Ali Cardiovascular Center

Full name of responsible person

Dr. Zahra Jalili

Street address

Shaheed Beheshti Bolvard

City

Kermanshah

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Najafi Fareed

Street address

Vice Chancellor for research of Kermanshah University
of Medical Sciences, Shaheed Beheshti Bolvard

City

Kermanshah

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Kermanshah 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

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Web page address**Person responsible for updating data****Person responsible for general inquiries****Contact****Name of organization / entity**

Kermanshah University of Medical Sciences

Full name of responsible person

Dr. Zahra Jalili

Position

Pediatric cardiologist, Scientific assistant professor

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

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Faculty of Social Sciences, Razi University

Full name of responsible person

Mohseni Raja

Position

Post graduate student of Psychology

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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

Person responsible for scientific inquiries**Contact****Name of organization / entity**

Faculty of Social Sciences, Razi University of Medical sciences

Full name of responsible person

Dr. Momeni khodamorad

Position

Associate Professor of Psychology

Other areas of specialty/work