

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

Effectiveness of stress management on aggression, anxiety and perceived stress in women with hypertension

Protocol summary

Summary

The aim of this study was to evaluate the effect of stress management training on aggression and anxiety and perceived stress in women with high blood pressure will be Masjed Soleyman city. The subjects were 40 people in one of the city hospitals Masjed Soleyman randomly into two groups (n = 20) and control group (n = 20) will be divided. Experimental research design with two experimental and control groups with pre-test and post-test. session 2 times a week and each session will be 60 minutes. After the test was taken from both groups after 1 month follow-up test will be performed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016042320053N3**

Registration date: **2016-06-28, 1395/04/08**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-06-28, 1395/04/08

Registrant information

Name

Narges Majidipour

Name of organization / entity

Dezful University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 61 4228 7439

Email address

majidipour.n@dums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research and Technology of Khuzestan University of scientific research

Expected recruitment start date

2013-09-06, 1392/06/15

Expected recruitment end date

2014-03-06, 1392/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of stress management on aggression, anxiety and perceived stress in women with hypertension

Public title

Effectiveness of stress management on aggression, anxiety and perceived stress in women with hypertension

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: women with hypertension are at least 2 years; having married a person's consent before enrollment; do not get any training before the intervention; stress management and lack of physical problem such as low back pain. Exclusion criteria: not wanting to continue research and being absent in more than one meeting.

Age

From **20 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 40

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

Vice Chancellor for Research and Technology of
Khuzestan University of scientific research

Street address

ahwaz

City

ahwaz

Postal code

Approval date

2013-09-23, 1392/07/01

Ethics committee reference number

iau-210

Health conditions studied

1

Description of health condition studied

Hypertension

ICD-10 code

I10

ICD-10 code description

High blood pressure

Primary outcomes

1

Description

aggression

Timepoint

Before, immediately after and one month after training

Method of measurement

Inventory (aggression AAI)

2

Description

Perceived Stress

Timepoint

Before, immediately after and one month after training

Method of measurement

Perceived Stress Questionnaire PSS

3

Description

General anxiety

Timepoint

Before, immediately after and one month after training

Method of measurement

General Anxiety Inventory ANQ

Secondary outcomes

empty

Intervention groups

1

Description

Control Group did not receive any training

Category

N/A

2

Description

In the intervention group: Stress management training
10 60-minute sessions (twice a week) for ten sessions

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

22 Bahman Hospital

Full name of responsible person

Street address

City

Masjed Soleyman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for Research and Technology, Islamic
Azad University, Science and Research Branch of

Full name of responsible person

Farid Jamali shini

Street address

27 azar district, piroozi alley, ahvaz

City

Ahvaz

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 and Technology, Islamic Azad University, Science and Research Branch of

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

Masjed Soleyman city Health Network

Full name of responsible person

Reza Fathi Marghmalaki

Position

Expert advice

Other areas of specialty/work

Street address

Martyr Chamran tee, Hasht Bangele, Masjed Soleyman

City

Masjed Soleyman

Postal code

Phone

+98 61 4322 4833

Fax

Email

mis-network@ajums.ac.ir

Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

Masjed Soleyman city Health Network

Full name of responsible person

Reza Fathi Marghmalaki

Position

Master of Clinical Psychology

Other areas of specialty/work

Street address

Martyr Chamran tee, Hasht Bangele, Masjed Soleyman

City

Masjed Soleyman

Postal code

Phone

+98 61 4322 4833

Fax

Email

mis-network@ajums.ac.ir

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Dezful University of Medical Sciences

Full name of responsible person

Ahmad Adavi

Position

Master of Clinical Psychology

Other areas of specialty/work

Street address

Azadeghan blv, Dezful

City

Dezful

Postal code

Phone

Fax

Email

hmad_adavi@yahoo.co.uk

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