Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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