

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

21 Jul 2026

### Effectiveness of training of anger management skills with Cognitive -Behavioral Approach in Reduction of Aggression of Women Suffering from Breast Cancer

#### Protocol summary

##### Summary

The goal of this study was to investigate of effectiveness of education skills of management of anger by using cognitive -behavioral approach in reduction of aggression. inclusion criteria included of: passed remedial courses of cancer in Imam Khomeini Hospital in Tehran at minimum for six months; had not brain metastasis and nervous diseases; had not depression disorder; had an age higher than 18 years old; had capability of remedy with common drugs of chemistry therapy and have had surgery for breast cancer during period of 3 - 6 months. patient who have forbid to use chemotherapy drugs excluded from study. statistical community of this study included female clients suffering from breast cancer, who had referred to Imam Khomeini Hospital in 2013. thirty patient were chosen who had passed remedial courses of cancer in Imam Khomeini Hospital of Tehran and assignment randomly in experimental and control group. . Participants responded to scale of aggression measurement of Buss and Pray before and after test. experimental group participated in anger management skills training in 8 session. results showed average of test group has been accompanied with meaningful reduction after receiving cognitive - behavioral training. in view of obtained results, it seems this education has had an effective role in control of aggression of women suffering from this disease in view of cognitive changes that it has made them .

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015020420961N1**

Registration date: **2015-04-13, 1394/01/24**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-04-13, 1394/01/24

##### Registrant information

###### Name

Sheida Sharifi Saki

###### Name of organization / entity

Payamnoor University

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8837 2732

###### Email address

sheidasharifi1348@gmail.com

##### Recruitment status

###### Recruitment complete

##### Funding source

Payamnoor University

##### Expected recruitment start date

2014-08-23, 1393/06/01

##### Expected recruitment end date

2014-10-22, 1393/07/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of training of anger management skills with Cognitive -Behavioral Approach in Reduction of Aggression of Women Suffering from Breast Cancer

##### Public title

Effectiveness of training of anger management skills with

Cognitive –Behavioral Approach in Reduction of Aggression of Women Suffering from Breast Cancer

**Purpose**  
Supportive

**Inclusion/Exclusion criteria**  
inclusion criteria: passed remedial courses of cancer in Imam Khomeini Hospital in Tehran at minimum for six months; having at least diploma; had not brain metastasis and nervous diseases; had not depression disorder; had an age higher than 18 years old; had capability of remedy with common drugs of chemistry therapy and have had surgery for breast cancer during period of 3 - 6 months exclusion criteria: having forbid to use of chemotherapy drugs

**Age**  
From **18 years** old to **63 years** old

**Gender**  
Female

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **30**

**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

Payamnoor University

##### Street address

Payamnoor University, Mahmoud Norian St, North Dibaghi St, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2010-09-23, 1389/07/01

#### Ethics committee reference number

D/71096

## Health conditions studied

### 1

#### Description of health condition studied

breast cancer

#### ICD-10 code

C50

#### ICD-10 code description

Malignant neoplasm of breast

## Primary outcomes

### 1

#### Description

reduction of aggression

#### Timepoint

before and after test

#### Method of measurement

Buss and Pray

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

experimental group received skills of anger management including of: cognitive skills, behavioral skills, relaxation and stress reduction skills in during 8 session (1/30 hours).

#### Category

Behavior

### 2

#### Description

control group not received any training

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Imam Khomeini Hospital

##### Full name of responsible person

Sheida Sharifi Saki

##### Street address

Shaghayegh Bldg, blvd Darya, Gharb Town

##### City

Tehrnr

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

Payamnoor University

**Full name of responsible person**

Dr. Ahmad Alipour

**Street address**Payamnoor University, Mahmoud Norian St, North  
Dibaghi St, Tehran**City**

Tehran

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Payamnoor University

**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**

Payamnoor University

**Full name of responsible person**

Sheida Sharifi Saki

**Position**

phd student

**Other areas of specialty/work****Street address**Payamnoor University, Mahmoud Norian St, North  
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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*