

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

27 Jun 2026

### The effect of teaching stress management

#### Protocol summary

##### Summary

Objective: The goal aims of study: to determine the effect of stress management education on Rasht firefighters in 1393. Design: This study is a Randomize Controlled Trail. 128 Firefighters who completed HSE questionnaire and showing higher stress (under 80%) is divided randomly into experimental and control groups. Methods: The tools used in the study will be a questionnaire that included demographic information in the first parts, such as age, income, education level, marital status, second job, employment status, number of children, housing conditions, work history, physical activities and smoking habits. For measuring job-related stress, an HSE questionnaire with 35 questions in 7 areas of study will be used. The areas are: Demand, Control, Peer support, Manager support, Relationship, Roles and Changes. Inclusion criteria: Having a written consent to participate in research, consent to participate in training sessions, at least 6 months of work. Exclusion criteria: Firefighters without stress (over percentile 80), participate in half the training session and transfer to other parts of the office. Primary and secondary outcome variables is included firefighter ,stress and area of stress such as Control, Peer support, Manager support, Relationship, Roles. The educational intervention will be conducted in tow 3 hours session and each session will be held within one week. Two weeks after the end of the educational session a questionnaire will be distributed for both groups. In the follow up study after one month the questionnaire will be distributed for experimental group.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015102122984N2**

Registration date: **2015-12-03, 1394/09/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-12-03, 1394/09/12

##### Registrant information

###### Name

Fardin Mehrabian

###### Name of organization / entity

Guilan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 133335415

###### Email address

mehrabian@gums.ac.ir

##### Recruitment status

###### Recruitment complete

##### Funding source

Vice Chancellor for Research and Technology University of Medical Sciences

##### Expected recruitment start date

2015-04-11, 1394/01/22

##### Expected recruitment end date

2015-05-12, 1394/02/22

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of teaching stress management

##### Public title

The Effect of Stress Management Education on Firefighters Stress

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: having a written consent to participate in research , consent to participate in training sessions , at least 6 months of work . - Exclusion criteria : patients without stress (over percentile 80 ) , Participate in half the training sessions and the transfer of operations to other parts of the office

**Age**

No age limit

**Gender**

Male

**Phase**

N/A

**Groups that have been masked**

No information

**Sample size**

Target sample size: **128**

**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**

Deputy of research and technology

**Street address**

Rasht-Gaz Square-St beheshty-Deputy of research and technology

**City**

Rasht

**Postal code**

4193893345

**Approval date**

2015-03-17, 1393/12/26

**Ethics committee reference number**

5930003519

**Health conditions studied****1****Description of health condition studied**

job-related stress

**ICD-10 code**

Z56.3

**ICD-10 code description**

Occupational exposure to risk-factors

**Primary outcomes****1****Description**

stress

**Timepoint**

Before intervention,2 weeks after intervention, one Month after intervention

**Method of measurement**

HSE questionnaire

**Secondary outcomes****1****Description**

Role-Peer support-Manager support-Control-Relationship

**Timepoint**

Before intervention,2 weeks after intervention, one Month after intervention

**Method of measurement**

HSE Questionnaire

**Intervention groups****1****Description**

3-hour educational program in two sessions with a week away

**Category**

Other

**2****Description**

Control group will not receive any intervention.

**Category**

N/A

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Fire and Safety Services

**Full name of responsible person**

Habib Movahedi

**Street address**

Fire and safety services, Entezam Square, St. martyr Behesht

**City**

Rasht

**Sponsors / Funding sources****1****Sponsor**

**Name of organization / entity**

Vice Chancellor for Research and Technology  
University of Medical Sciences

**Full name of responsible person**

Dr Abtin Heidarzadeh

**Street address**

St Beheshti, Gaz Square

**City**

Rasht

**Grant name****Grant code / Reference number**

93122619

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

Yes

**Title of funding source**

Vice Chancellor for Research and Technology 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**

Guilan University of Medical Sciences, School of Public  
Health

**Full name of responsible person**

Naghmeh Khalili Rad

**Position**

Student

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

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**Position**

PHD

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**Full name of responsible person**

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**Position**

student

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**Postal code**

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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*