

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

The Effect Of Psycho-Educational Interventions Through Mobile Technologies On Self-Esteem And Anxiety In Women With Breast Cancer

Protocol summary

Summary

Objectives: the aim of this study is to assess the effect of psycho-educational intervention through mobile technologies on self-esteem and anxiety in women with non-metastatic breast cancer. Design: in this randomized control trial, at least 60 women aged 20-60 years old with non-metastatic breast cancer will be chosen by simple random allocation method then they will be randomly divided into control and intervention groups by block randomization by a research assistant. To avoid bias, double blinding method will be used for statistical analyst and the researcher. Setting: breast cancer clinics of Shiraz, Iran. Intervention: this 4 weeks program has 2 parts, first psycho-educational interventions will be done through mobile application for the experimental group and then discussion in online chat rooms of social networks will be performed at the end of each weeks. Main outcome: level of self-esteem and anxiety will be assessed before and immediately one week after the intervention using Spielberger state trait anxiety inventory and Rosenberg self-esteem questionnaire.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015072123279N2**

Registration date: **2016-07-08, 1395/04/18**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2016-07-08, 1395/04/18

Registrant information

Name

Shahrzad Yektatalab

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4254

Email address

yektash@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research ,Shiraz University of Medical Sciences

Expected recruitment start date

2016-07-22, 1395/05/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect Of Psycho-Educational Interventions Through Mobile Technologies On Self-Esteem And Anxiety In Women With Breast Cancer

Public title

The Effect Of Psycho-educational Interventions On Self-esteem And Anxiety In Women With Breast Cancer

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: age 20-60 years old ; willingness to participate in the research ; suffering from non-metastatic cancer ; being able to read and write ; having access and being able to use a smart phone and internet and social network. Exclusion criteria: irregular

participation in the treatment sessions ; suffering from any serious diseases other than breast cancer ; a history of chronic mental disease or use of psychiatric drugs ; a history of participation in the psycho-education courses similar to the application's content.

Age

From **20 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University Of Medical Sciences

Street address

Zand street, Shiraz University Of Medical Sciences

City

Shiraz

Postal code

71348-14336

Approval date

2016-04-24, 1395/02/05

Ethics committee reference number

IR.SUMS.REC.1395.20

Health conditions studied

1

Description of health condition studied

Organic anxiety disorder

ICD-10 code

F06.4

ICD-10 code description

Organic anxiety disorder

2

Description of health condition studied

Self-esteem

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Anxiety

Timepoint

before the intervention, 1 week after the intervention

Method of measurement

Spielberger State Trait Anxiety Inventory

2

Description

Self-esteem

Timepoint

before the intervention, 1 week after the intervention

Method of measurement

Rosenberg Self-Esteem Scale

Secondary outcomes

empty

Intervention groups

1

Description

No intervention considered for the control group.

Category

N/A

2

Description

Psycho_educational interventions will be done for the experimental group through smartphone application, members can interact with each other and the researcher via social network for 1 month. Their activity will be assessed during the intervention.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari polyclinic

Full name of responsible person

Dr hossein jamali

Street address

Namazi square

City

Shiraz

2**Recruitment center****Name of recruitment center**

Emam Reza polyclinic

Full name of responsible person

Dr hossein jamali

Street address

Namazi square

City

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**Vice Chancellor for Research of Shiraz University of
Medical Sciences**Full name of responsible person**

Dr. Basir Hashemi

Street addressZand street, Shiraz University of Medical
Sciences;Vice President of Research**City**

Shiraz

Grant name**Grant code / Reference number**

10534

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

Yes

Title of funding sourceVice Chancellor for Research of Shiraz 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**

Fatemeh School of Nursing and Midwifery

Full name of responsible person

Elaheh Ghanbari

Position

Master of Nursing Student

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

College of Nursing and Midwifery, Namazi square

City

Shiraz

Postal code

71936-13119

Phone

+98 71 3647 4254

Fax

+98 71 3647 4252

Email

stud2280422123@sums.ac.ir

Web page address

nurs-midwif.sums.ac.ir

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

Shiraz University of Medical Sciences

Full name of responsible person

Shahrzad Yektatalab

Position

Assistant professore

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

Zand street, Shiraz University of Medical Sciences

City

Shiraz

Postal code

7193613119

Phone

+98 71 3647 4254

Fax

+98 71 3647 4252

Email

yekdash@sums.ac.ir

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

Shiraz University of Medical Sciences

Full name of responsible person

Shahrzad Yektatalab

Position

Assistant professore

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

Zand street, Shiraz University of Medical Sciences

City

Shiraz

Postal code

7193613119

Phone

+98 71 3647 4254

Fax

+98 71 3647 4252

Email

yekdash@sums.ac.ir

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