

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of Tele-nursing through telephone counseling practices on depression and anxiety in informal caregivers of stroke survivors in Sabzevar

Protocol summary

Summary

The effect of distant nursing using telephone counseling, on depression and anxiety of family caregivers for patients suffering from stroke in city of Sabzevar purpose of this study is to decrease depression and anxiety among the caregivers looking after the patients suffering from stroke. Inclusion criteria: Loss of cognitive disorders (dementia and delirium) Exclusion criteria : continue to withdraw from participation. The study population was 200 people selected from the caregivers who take care of the survived stroke patients above 60, discharged from hospital in Sabzevar city; of which 154 people were selected using purposive sampling method and were randomly placed in intervention and control groups. The intervention duration was three months. First, a primary home meeting is held for both groups to fill out "Beck depression and anxiety questionnaire" and how to communicate with the researcher and hereinafter distant nursing using telephone counseling will continue in the intervention group only. Calls are made in form of every other day (during the first month) and two times a week (during the second and third month), and therefore a total of 32 telephone counseling calls are made by the nurse for the family plus calls made by the family for the nurse whenever necessary. Caregivers' depression and anxiety will be assessed using a questionnaire after the intervention and 6 weeks after the end of the secondary intervention

General information

Acronym

Tele-nursing

IRCT registration information

IRCT registration number: **IRCT2015080423493N1**

Registration date: **2016-01-15, 1394/10/25**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-15, 1394/10/25

Registrant information

Name

Maryam Goudarzian

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0036

Email address

aging@medsab.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2015-05-22, 1394/03/01

Expected recruitment end date

2015-06-22, 1394/04/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Tele-nursing through telephone counseling practices on depression and anxiety in informal caregivers of stroke survivors in Sabzevar

Public title

The effect of telephone counseling on depression and anxiety in caregivers of patients with stroke

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Loss of cognitive disorders (dementia and delirium); Physical ability to participate in the research; Speaking in Farsi; Wherein hearing ability; No history of psychiatric hospitalization and psychiatric treatment; Lack of experience grief during the last 6 months; Consent to participate in research. Exclusion criteria : continue to withdraw from participation; psychotherapy sessions simultaneously lower score 8 out of 10 (lower score 7 to 9) Abbreviated Mental Test (AMTS)

Age

From **18 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **152**

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

University of Social Welfare and Rehabilitation Sciences

Street address

Velenjak-kodakyar

City

Tehran

Postal code

Approval date

2015-10-18, 1394/07/26

Ethics committee reference number

IR.USWR.REC.1394.184

Health conditions studied

1

Description of health condition studied

Depression and anxiety

ICD-10 code

f32, f41.

ICD-10 code description

Generalized anxiety disorder, Depressive episode

Primary outcomes

1

Description

Anxiety

Timepoint

Before the intervention, intervention -Bd and 1/5 month after intervention

Method of measurement

Beck questionnaire

2

Description

Depression

Timepoint

Before the intervention, intervention -Bd and 1/5 month after intervention

Method of measurement

Beck questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: First visit home In order to communicate and explain the family and how to advice, questions, how to access the consultant (researcher) in will be, will become. From nursing remotely by telephone only in the intervention group will continue on the basis of Jack and Associates 8195 Initial study sessions, every other day (the first month) and week 8 (the second and third months) and A total of 38 sessions will be conducted by telephone advice from nurses to family, but the family may at any time Need a nurse counselor's phone. During the conversation to the elimination of the need for careful consideration Have taken the time to make phone calls with the consent of the patients between 2 am and 2 pm is determined. And in Other hours may contact the emergency. After the intervention sessions and post-test data By Beck Depression Inventory and Beck Anxiety Inventory will be collected. And 3 weeks after intervention again Questionnaires for depression and anxiety in two groups will collect data on withdrawal times will be, will become

Category

Treatment - Other

2

Description

Control Groups : a meeting will be held to collect questionnaires Beck depression and anxiety

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Training Center of Health Mohammad Vasei

Full name of responsible person

Maryam Goudarzian

Street address

Sabzevar University of Medical Sciences, Vice Chancellor for Research Sabzevar- Khorasan Razavi- Iran

City

Sabzevar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr masoud fallahi khoshknab

Street address

Velenjak-kodakyar

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Social Welfare and Rehabilitation 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

University of Social Welfare and Rehabilitation

Sciences

Full name of responsible person

Maryam Goudarzian

Position

Geriatric Nursing Graduate Student

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of Social Welfare and Rehabilitation

Full name of responsible person

Dr masoud fallahi khoshknab

Position

Psychiatric Nursing Ph.D.

Other areas of specialty/work

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Position

M.sc student of geriatric nursing

Other areas of specialty/work

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Web page address

empty

Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty