

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of using social network, sending short messages and not using these tools on negative thinking status regarding women's mental health

Protocol summary

Summary

This is a quasi experimental study with pre-post test and control group design. Study population is women supported by Petroleum Industry Health Organization (PIHO) in Mohajeran city in Arak. They are invited to participate in the study via an announcement. Inclusion criteria are willingness to participate and accessibility to Telegram. Exclusion criterion is refusing to continue participation. Then, participants are allocated to study groups including short message, Telegram and control via systematic randomization. Instruments are DASS_21 Questionnaire and the Crandell Cognition Inventory (CCI) which are going to be filled before and immediately after the intervention and also two months later to assess long term learning. Validity and reliability of DASS_21 has been proofed before. We are going to assess the validity and reliability of CCI. After obtaining the subjects' consent forms and completing the pretest, we would give all participants a compact disk (CD) containing a multimedia e-content about reducing negative thoughts. Then short message group would receive weekly messages for five weeks. Telegram group would participate in a discussion once a week for five weeks. There would be no follow up for control group. Finally, we compare the effect of short message, social network and not following up on women's negative thinking and mental health.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015091223982N1**
Registration date: **2015-12-03, 1394/09/12**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2015-12-03, 1394/09/12

Registrant information

Name

Rita Mojtahedzadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8897 8088

Email address

r_mojtahedzadeh@tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor of Research, Tehran University of Medical Sciences

Expected recruitment start date

2015-11-22, 1394/09/01

Expected recruitment end date

2015-12-21, 1394/09/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of using social network, sending short messages and not using these tools on negative thinking status regarding women's mental health

Public title

The impact of social network and Short message on

negative thinking status in women

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: willingness to participate in the study;
Telegram accessibility Exclusion criterion: refusing to continue participation

Age
From **18 years** old to **80 years** old

Gender
Female

Phase
3

Groups that have been masked
No information

Sample size
Target sample size: **75**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
Participants are allocated to the groups using random number table.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tehran University of Medical Sciences

Street address

Qods St, Keshavarz BLVD, Tehran

City

Tehran

Postal code

Approval date

2015-09-08, 1394/06/17

Ethics committee reference number

IR.Tums.REC.1394.732

Health conditions studied

1

Description of health condition studied

Negative Thinking

ICD-10 code

F41.2

ICD-10 code description

Mixed anxiety and depressive disorder

Primary outcomes

1

Description

Negative Thinking

Timepoint

Pre intervention, post intervention and two months after intervention

Method of measurement

Crandell Cognitions Inventory

Secondary outcomes

1

Description

Anxiety, depression and stress

Timepoint

Pre intervention, post intervention and two months after intervention

Method of measurement

DASS-21 questionnaire

Intervention groups

1

Description

Not sending short messages or using social network

Category

Other

2

Description

Group discussion in Telegram social network

Category

Other

3

Description

Sending follow up short messages

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hazrat Fatemeh Clinic

Full name of responsible person

Parvin Razmgah (Nurse)

Street address

gholha Square, Mohajeran, Arak

City
Mohajeran

2

Recruitment center

Name of recruitment center
Hazrat Valiasr Clinic
Full name of responsible person
Parvin Razmgah (Nurse)
Street address
Refinery Area, Mohajeran, Arak
City
Mohajeran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor of Research, Tehran University of
Medical Sciences
Full name of responsible person
Dr Yunesian
Street address
Qods St, Keshavarz BLVD
City
Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor of Research, Tehran 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
Hazrat Fatemeh Clinic
Full name of responsible person
Parvin Razmgah
Position
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**Person responsible for scientific
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Person responsible for updating data

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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