

Clinical Trial Protocol

Iranian Registry of Clinical Trials

02 Jul 2026

The effect of education based on social cognitive theory on reduction of stress in first- year students

Protocol summary

Summary

The purpose of this study is to determine the effect of education based on social cognitive theory on reduction of stress in first- year students. Inclusion criteria: Non-native students in first year of Arak University of Medical Science; living in dormitories and Authority; would like to participate in the study and complete questionnaire; Exclusion criteria: Unwillingness; loss of motivation to continue participating in the study; uncomplete questionnaire and lack of access to his (her) student. The statistical population of the study Includes non-native students in first year of Arak University of Medical Sciences. The cross sectional study Carry out by census. Information is collect by using the questionnaires including Demographic, Perceived Stress (Cohen, et al.1983), Coping Inventory for Stressful Situation (Endler & Parker.1990), Coping Self-Efficacy scale (checni.2006) and social support (Zimet, et al.1988). The samples are select simple randomly. The sample size is 120 students (60 students as experimental group and 60 students as control group). The teaching method is Intuitive package. Stress management educational package given to the intervention group. After 3 months completing the relevant questionnaire and also educational package is given to the control group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015110324861N1**

Registration date: **2016-01-31, 1394/11/11**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-31, 1394/11/11

Registrant information

Name

Zahra Fazel Dehkordi

Name of organization / entity

Arak University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3502

Email address

z.fazel.dehkordi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Arak University of Medical Sciences

Expected recruitment start date

2015-10-14, 1394/07/22

Expected recruitment end date

2015-11-06, 1394/08/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education based on social cognitive theory on reduction of stress in first- year students

Public title

The effect of education on reduction of stress students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Non-native students in first year of Arak University of Medical Science; living in dormitories and Authority; Would like to participate in the study and complete questionnaire. Exclusion criteria: Unwillingness; loss of motivation to continue participating in the study;

Uncomplete questionnaire and lack of access to his (her) student

Age

From **18 years** old to **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **120**

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

Ethics Committee of Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Basij Sq, Sardashat, Arak

City

Arak

Postal code

3848176941

Approval date

2015-09-09, 1394/06/18

Ethics committee reference number

IR.ARAKMU.REC.1394.175

Health conditions studied

1

Description of health condition studied

education to reduce stress

ICD-10 code

f43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description

Taking Stress reduction behaviors among students

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Information is collect by using the questionnaires including Demographic, Perceived Stress (PSS-14), Coping Inventory for Stressful Situation(CISS), Coping Self-Efficacy scale (checni.2006) and social support (MSPSS).

Secondary outcomes

1

Description

Increasing self- efficacy

Timepoint

Before the intervention and 3 months after intervention

Method of measurement

Information is collect by using the questionnaires including Perceived Stress (PSS-14), Coping Inventory for Stressful Situation(CISS), Coping Self-Efficacy scale (checni.2006) and social support (MSPSS).

Intervention groups

1

Description

intervention group: Stress management educational package given to the intervention group.

Category

Behavior

2

Description

control group: After 3 months also educational package is given to the control group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Science

Full name of responsible person

Zahra Fazel Dehkordi

Street address

Arak University of Medical Sciences, Basij Sq, Sardashat, Arak

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Arak University of Medical Sciences

Full name of responsible person

Dr Mohammad Rafie

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Arak University of Medical Sciences, Basij Sq,
Sardashat, Arak

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Arak 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

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Full name of responsible person

Zahra Fazel Dehkordi

Position

MSC

Other areas of specialty/work

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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