Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparison of effect of anger management training by workshop and training package and control (without intervention) methods on aggressive clients referred to the addiction withdrawal clinic of psychiatric hospitals in Mashhad

Protocol summary

Summary

Objectives: comparison of effect of anger management training by workshop method and training package on aggressive clients referred to the addiction withdrawal clinic of psychiatric hospitals in Mashhad Design: this randomized clinical trial will be performed on 60 clients referred to the addiction withdrawal clinics of Hejazi and Ibn Sina psychiatric hospitals of Mashhad in three workshop, training package and control group Methodology: In the workshop group, participants will participate in four two - hour sessions over 2 days for anger management training every other day and the training package group will participate in anger management training with booklet and compact disc simultaneously. And control group will not receive any interference. Major eligibility criteria for participants: At least high school level, male, no problem in hearing and speech, lack of use of other forms of addiction withdrawal, not experience major stress at least for 6 months, Buss and Perry Aggression Questionnaire above 75 Major criteria for no eligibility: absence in more than 20% of workshop sessions (in the workshop), non performance of duties or respond to researcher follow up in training package group Intervention: workshop, training package Main outcome measures (variables): aggression will be measured immediately before and one month after the intervention by Buss and Perry Aggression Questionnaire

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120925250N2**
Registration date: **2016-01-09, 1394/10/19**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2016-01-09, 1394/10/19

Registrant information

Name

Saeed Vaghee

Name of organization / entity

Mashhad university of Medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 51 3859 1511

Email address

vaghee@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Mashhad university of medical sciences

Expected recruitment start date

2013-11-06, 1392/08/15

Expected recruitment end date

2014-03-21, 1393/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of effect of anger management training by workshop and training package and control (without intervention) methods on aggressive clients referred to the addiction withdrawal clinic of psychiatric hospitals in Mashhad

Public title
Comparison of effect of anger management training by workshop method and training package on aggressive clients referred to the addiction withdrawal clinic
Purpose
Other
Inclusion/Exclusion criteria
Major eligibility criteria for participants: at least high school level, male, no problem in hearing and speech, lack of use of other forms of addiction withdrawal, not experience of major stress at least for 6 months, Buss and Perry Aggression Questionnaire score above 75
Major criteria for no eligibility: absence in more than 20% of workshop sessions (in the workshop), Non performance of duties or respond to researcher follow up in training package group
Age
From **20 years** old to **60 years** old
Gender
Male

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Participants were randomly assigned to three groups based on a visit to the addiction withdrawal clinic of Hejazi and Ibn Sina psychiatric hospitals in Mashhad

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad university of medical sciences
Street address
Vice chancellor for research, Mashhad university of medical sciences, next to the Hovezeh cinema, Daneshgah street, Mashhad
City
Mashhad
Postal code
9177899191
Approval date
2013-10-23, 1392/08/01
Ethics committee reference number
research/921035/1/432

Health conditions studied

1

Description of health condition studied
Clients referred to the addiction withdrawal clinic
ICD-10 code
F10, F11,
ICD-10 code description
Mental and behavioural disorders due to psychoactive substance use

Primary outcomes

1

Description
Aggression
Timepoint
Immediately before and one month after the intervention
Method of measurement
Buss and Perry aggression questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Anger management workshop: participants will be underwent Anger management training by workshop method in four two- hour sessions during 2 days for every other day
Category
Behavior

2

Description
Anger management training package: participants will be underwent anger management training by booklet and compact disc
Category
Behavior

3

Description
control group will not receive any interference
Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Ibn Sina psychiatric hospital, Mashhad

Full name of responsible person
Dr Fateme Mohareri

Street address
Next Astan Ghods Naghlie, end Hor Ameli of the street, Mashhad

City
Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Mashhad university of Medical sciences

Full name of responsible person
Dr Mohsen Tafaghodi

Street address
Vice chancellor for research, Mashhad university of medical sciences, next to the Hovezeh Cinema, Daneshgah street, Mashhad

City
Mashhad

Grant name
-

Grant code / Reference number
-

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

Title of funding source
Mashhad 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
Mashhad university of medical sciences

Full name of responsible person
Saeed Vaghee

Position
Instructor of psychiatric nursing

Other areas of specialty/work

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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