

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 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**Street address**

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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