Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of group counseling based on problem solving on irrational beliefs and self-efficacy of health volunteers about breast self-awareness

Protocol summary

Summary

This study will be conducted to assess the effect of group counseling using problem-solving strategy on irrational beliefs and the efficacy of health volunteers about breast's self-awareness. This study is a random controlled trial. Forty health volunteers working at Abhar health centers will be invited to the study. The inclusion criteria are: no breast problems history, age above 18 years, having irrational beliefs about breast cancer. The exclusion criteria are: Unwillingness to participate in study, breast disease during the study, more than 2 sessions absence from counseling sessions. The participants in the intervention group will participate in group classes. The sessions will be held based on the problem-solving strategies for seven two-hour sessions (once a week). After the intervention, the questionnaires will be again completed by the participants. In control group, training session will be held in the form of lecture on "Breast cancer and screening methods". Data between the two groups will be compared after the intervention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120825431N1**
Registration date: **2016-08-30, 1395/06/09**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-08-30, 1395/06/09

Registrant information

Name

Elham Shakibazadeh

Name of organization / entity

Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 4293 3210

Email address

shakib@zums.ac.ir

Recruitment status

Recruitment complete

Funding source

Social Determinants of Health Research Center Zanjan University of Medical Sciences

Expected recruitment start date

2015-11-03, 1394/08/12

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

Effect of group counseling based on problem solving on irrational beliefs and self-efficacy of health volunteers about breast self-awareness

Public title

Effect of group counseling based on problem solving on irrational beliefs and self-efficacy of health volunteers about breast self-awareness

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: no breast problems history, age above 18 years, having irrational beliefs about breast cancer
Exclusion criteria: Unwillingness to participate in study, breast disease during the study, more than 2 sessions

absence from counseling sessions

Age

From **18 years** old to **65 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Zanjan University of Medical Sciences

Street address

• Azadi Boulevard, Zanjan Medical Science University's staff, Research center's third floor (Research and Technology)

City

Zanjan

Postal code

4515789589

Approval date

2015-11-03, 1394/08/12

Ethics committee reference number

zums.rec.1394.199

Health conditions studied

1

Description of health condition studied

Breast Cancer

ICD-10 code

XXI

ICD-10 code description

XXI

Primary outcomes

1

Description

irrational beliefs

Timepoint

before and after the intervention

Method of measurement

questionnaires

2

Description

self-efficacy

Timepoint

before and after the intervention

Method of measurement

questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group receives the A.B.C method of problem-solving to correct irrational beliefs on breast cancer among health volunteers and enhance their self-efficacy on breast self-awareness. A indicates stimulator event (of problem), B is a belief about that event (what people say themselves), and C shows the behavioral and emotional consequences. Intervention will be held during seven consultation sessions by a trained person.

Category

Early detection

2

Description

In control group, a training session will be held about breast cancer and screening method.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Health Center Hussain Abad

Full name of responsible person

Mahnaz Rouzbeh

Street address

Hossein Abad Street Mousavi

City

Abhar

2

Recruitment center

Name of recruitment center
Health Center 22 Bahman
Full name of responsible person
Mahnaz Rouzbeh
Street address
Street martyr Beheshti
City
Abhar

3

Recruitment center
Name of recruitment center
Health Center 17 Sharivar
Full name of responsible person
Mahnaz Rouzbeh
Street address
Street 17 Sharivar
City
Abhar

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Social Determinants of Health Research Center, Zanjan University of Medical Sciences
Full name of responsible person
Vice Chancellor for Research, doctor Masoumeh Namadian
Street address
Zanjan, the highway of Sheikh Fazlullah Nuri, Vali-Asr Hospital, Institute of Metabolic Diseases, Second Floor, Center "Social Determinants of Health"
City
Zanjan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Social Determinants of Health Research Center, Zanjan 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
Zanjan University of Medical Sciences
Full name of responsible person
Mahnaz Rouzbeh
Position
Master of Counseling in midwifery
Other areas of specialty/work
Street address
Zanjan -Shahrak Karmandan - end street Haj Ahmad Mahdavi - School of Nursing and Midwifery
City
Zangan
Postal code
4515789589
Phone
+98 24 3527 8579
Fax
+98 33770305
Email
nursing@zums.ac.ir
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Elham Shakibazadeh
Position
PhD Health Education, Assistant Professor
Other areas of specialty/work
Street address
School of Public Health, TUMS
City
Tehran
Postal code
4515789589
Phone
+98 21 4293 3210
Fax
+98 21 4293 3072
Email
elham50sh@yahoo.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Elham Shakibazadeh
Position
PhD Health Education, Assistant Professor
Other areas of specialty/work
Street address
School of Public Health. TUMS
City
Tehran
Postal code
4515789589

Phone
+98 21 4293 3210
Fax
+98 21 4293 3072
Email
elham50sh@yahoo.com
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