

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of group training of anger management on aggression degree among the drug abuse patients on the basis of Patrick Railey cognitive-behavioral approach

Protocol summary

Summary

Abstract: Background: drug abuse patients are facing with the problems such as anxiety, depression, hopelessness, and aggression, which affect the various aspects of their life. Therefore, this study aimed to investigate the effectiveness of teaching anger management skills using cognitive-behavioral approaches in the reduction of aggression. **Materials and Methods:** This intervention study will be conducted by use of pretest- post test design. The studied population will be consisted of male patients who are dependent on abusing the materials and refer to Ebne Sina Hospital in 2016. Among the target population, 40 cases will be selected, based on inclusion criteria (drug dependency) and exclusion criteria (lack of substance abuse during study performance) and divided into experimental and control groups randomly. enrolled in the study and randomly. Experimental group will receive twelve sessions of Anger Management during six weeks and the control one will receive routine training course. The participants will also answer to Buss And Perry Aggression Scale before and one week after the educational sessions.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016102030398N1**
Registration date: **2016-11-12, 1395/08/22**
Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-11-12, 1395/08/22

Registrant information

Name

Mehdi Baneshi

Name of organization / entity

Shiraz University of Medical Sciences

Country

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Recruitment status

Recruitment complete

Funding source

Shiraz University Of Medical Sciences

Expected recruitment start date

2016-10-30, 1395/08/09

Expected recruitment end date

2017-02-01, 1395/11/13

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of group training of anger management on aggression degree among the drug abuse patients on the basis of Patrick Railey cognitive-behavioral approach

Public title

Anger Management Training

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria --Dependent To drugs (cocaine, heroin, alcohol and amphetamines). - Lack of mental illness

affecting the rage. -Satisfaction in writing to participate in the study. -Literacy At least fifth. - Participants must not have used illegal drugs from one week ago. Exclusion criteria Drug consumption during the period of study. - Not participating in training sessions (three sessions).

Age

From **13 years** old to **60 years** old

Gender

Male

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)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Table of random numbers

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Shiraz University of Medical Sciences

Street address

Zand Street

City

Shiraz

Postal code

Approval date

2016-04-20, 1395/02/01

Ethics committee reference number

ir.sums.rec.1395.105

Health conditions studied

1

Description of health condition studied

Drug-Dependent Patients

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

aggression degree

Timepoint

Before intervention - One week after intervention

Method of measurement

questionnaire AGQ

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

The are classified into ten – people groups and trained in 12 one and a half hours educational sessions. The contents of the mentioned sessions include the concept of anger management, anger recognition, the cognitive – behavioral strategies of anger control, cognitive reconstruction, the techniques facilitating anger control and impact of the past learnings. Mean while, some practical activities are given to the patients amongst the sessions.

Category

Behavior

2

Description

They received the routine educational course held in the ward.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Ebne Sina Medical- Education Center

Full name of responsible person

Mehdi baneshi

Street address

Hafez Ave, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Syed Masoom Masoompoor

Street address

Zand Street

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

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Email

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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