

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 2026

The effect of hardiness training of Self-esteem and adjustment among Addicted Men

Protocol summary

Summary

Abstract Objective: This study aimed at determining the effectiveness of training psychological hardiness on self esteem and adjustment of addicted men. **Design:** This study was laid out in pre and post test design with control group. The statistical population consisted of all addicted men visited in one of drug abuse withdrawal centers in Roodsar, Gilan, in 2012 (N=200). Following the permission of the center and the description about the procedure were provided, the participants completed the questionnaire consisting of three part: personal information (age, marriage state, education), self steem (Cooper smith) and adjustment (Bel). **Setting and conduct:** 200 people completed the questionnaire which 57 people showed lower self steem and adjustment scores of which 30 people were randomly selected and divided into two 15 member groups. They were told that they were allowed to quit the experiment if desired and it was emphasized that all informations would be keep confidentially. It was also mentioned that control group would also be trained concerning psychological hardiness enjoying the plan benefits. Then, hardiness was trained in 90 min sessions for experimental group. **Participants including major eligibility criteria:** The addiction and satisfaction of particifante in study, will be criteria of sample entrance to study. **Intervention:** A summary of the matters presented in the sessions include: Session 1: introduction, creating a friendship environment, description of advantages and the objectives. Session 2: methods of confronting stress and avoiding aggression. Session 3: Understanding cognitive errors, negative thoughts and their revision. Session 4: encouraging the members to change negative thoughts into positive or neutral ones. Session5: goals determination, decision making, planning, and emotions management. Session 6: Promoting positive beliefs about society and its interaction. Session 7: the importance of proper nutrition which help physical strength. Session 8: Three skills: muscular relaxation, deep breath and

mental imagination. Session 9: The effect of different sports on the ability of people. Session 10: reviewing all sessions and contents. **main outcome measures:** Increased of self-esteem and adjustment of addicted men.

General information

Acronym

Effectiveness

IRCT registration information

IRCT registration number: **IRCT2016102330451N1**

Registration date: **2016-12-18, 1395/09/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-12-18, 1395/09/28

Registrant information

Name

Mohammad javad Aghajanu Aghajani

Name of organization / entity

Islamic Azad University of Rasht Branch

Country

Iran (Islamic Republic of)

Phone

+98 13 4261 3997

Email address

maghajani@phd.iaurasht.ac.ir

Recruitment status

Recruitment complete

Funding source

personal

Expected recruitment start date

2012-03-20, 1391/01/01

Expected recruitment end date

2012-04-18, 1391/01/30
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of hardiness training of Self-esteem and adjustment among Addicted Men

Public title
The effect of hardiness training of Self-esteem and adjustment

Purpose
Supportive

Inclusion/Exclusion criteria
Inclusion criteria: addiction to drug and agreement for participating the study. Exclusion criteria: physical disability and Lack of literacy.

Age
No age limit

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: 30

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
Ethics committee of School of Nursing and Midwifery of Islamic Azad University of Rasht Branch

Street address
Islamic Azad University, bridge of talishan, Rasht

City
Rasht

Postal code

Approval date
2016-09-18, 1395/06/28

Ethics committee reference number
IR.IAU.RASHT.REC.1395.35

Health conditions studied

1

Description of health condition studied
Addiction

ICD-10 code
F11

ICD-10 code description
Drug abuse

Primary outcomes

1

Description
Self-esteem

Timepoint
Before of intervention and after of intervention

Method of measurement
Questionnaire Cooper Smith Self-esteem

2

Description
Adjustment

Timepoint
Before of intervention and after of intervention

Method of measurement
Bell Social Adjustment Scale

Secondary outcomes

empty

Intervention groups

1

Description
Control group: The control group did not receive training.

Category
Rehabilitation

2

Description
Intervention group 1: The effect of hardiness training, 10 sessions of 90 minutes, Summary of meetings: Session 1: introduction, creating a friendship nvironment, description of adventages and the objectives. Session 2: methods of confronting stress and avoiding aggression. Session 3: Understanding cognitive errors, negative thoughts and their revision. Session 4: encouraging the members to change negative thoughts into positive or neutral ones. Session5: goals determination, decision making, planning, and emotions management. Session 6: Promoting positive beliefs about society and its interaction. Session 7: the importance of proper nutrition

which help physical strength. Session 8: Three skills: muscular relaxation, deep breath and mental imagination. Session 9: The effect of different sports on the ability of people. Session 10: reviewing all sessions and contents.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

The clinic of Payam,s treatment addiction

Full name of responsible person

Syyd Mehdi Mirhashemi

Street address

The clinic of Payam,s treatment addiction, Enghelab street, municipality Square, Roudsar

City

Roudsar

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Investigator

Full name of responsible person

Mohammad javad Aghajani

Street address

Alley of lali 9, Borough of Ansari, Roudsar

City

Roudsar

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Investigator

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

Islamic Azad University of Rasht Branch

Full name of responsible person

Mohammad javad Aghajani

Position

Ph.D Student /Instructor

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