

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

20 Jun 2026

### Effectiveness of psychological resilience training on aggression and happiness in students

#### Protocol summary

2017-04-10, 1396/01/21

#### Summary

**Abstract Objective:** this study was carried out to determine the effectiveness of resilience training on aggression and welfare of nursing and midwifery students. **Design:** this research was an experimental study with pre and post-test as well as control group. The statistical population consisted of all nursing students studying in Rasht Islamic Azad University in 2016. The subjects received the required information and then completed the 3-part questionnaires including personal, welfare and aggression. **Setting and conduct:** the sample (N=400) answered the questions and 58 people who were given the lowest scores for welfare and aggression were determined of which 30 people were randomly selected and divided into two experimental and control group. They were informed that they could quit the experiment whenever they want and all information would be confidential. **Participants including major eligibility criteria:** the statistical population consisted of all nursing students in Rasht Islamic Azad University in 2016 (N=400). The measures were willingness to participate and psychological disorder history. **Interventions:** the plan was based on resilience training package during 12 sessions. **Variables:** aggression and welfare were the main variables.

#### Registrant information

##### Name

Bahman akbari

##### Name of organization / entity

Islamic Azad University of Rasht Branch

##### Country

Iran (Islamic Republic of)

##### Phone

+98 13 3342 4081

##### Email address

akbari@iaurasht.ac.ir

#### Recruitment status

##### Recruitment complete

#### Funding source

Islamic Azad university of Rasht Branch

#### Expected recruitment start date

2016-11-21, 1395/09/01

#### Expected recruitment end date

2016-12-21, 1395/10/01

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

Effectiveness of psychological resilience training on aggression and happiness in students

#### Public title

Effectiveness of resilience on aggression and happiness in students

#### Purpose

Supportive

#### Inclusion/Exclusion criteria

Inclusion criteria: agreement for participating the study and Being a student. Exclusion criteria: physical disability

#### General information

##### Acronym

Effectiveness

##### IRCT registration information

IRCT registration number: **IRCT2016112231016N1**

Registration date: **2017-04-10, 1396/01/21**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

## Age

From **139 years** old to **139 years** old

## Gender

Female

## 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

Guilan

#### Approval date

2017-01-17, 1395/10/28

#### Ethics committee reference number

IR.IAU.RASHT.REC1395.44

## Health conditions studied

### 1

#### Description of health condition studied

aggression

#### ICD-10 code

F55

#### ICD-10 code description

Mental and behavioural disorders due to psychoactive substance use

## Primary outcomes

### 1

#### Description

Aggression

#### Timepoint

Before of intervention and after of intervention

#### Method of measurement

Bass aggression scale

## Secondary outcomes

### 1

#### Description

Happiness

#### Timepoint

Before of intervention and after of intervention

#### Method of measurement

Oxford Happiness Questionnaire

## Intervention groups

### 1

#### Description

Intervention group 1: The effect of resilience training, 10 sessions of 90 minutes, Summary of meetings: Session 1: introduction, creating a friendship nvironment, description of adventages and the objectives. Session 2: Awareness of their individual abilities. Session 3: Dissection of Methods of improving self-esteem. Session 4: Dissection of Methods of effective communication. Session5: The importance of friendship and Understanding the characteristics of good friends. Session 6: Assignment of goal in life And recognizing the importance of choosing targets. Session 7: Understanding the proper criteria for decision-making. Session 8: Survey on problem solving. Session 9: Recognition of an individual responsibility. Session 10: detection and dissection of Anger management techniques. Session 11: Fostering a sense of spirituality. Session 12: reviewing all sessions and contents.

#### Category

Lifestyle

### 2

#### Description

control group:The control group will not receive any education.

#### Category

Lifestyle

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

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

##### Full name of responsible person

Doctor Bahman Akbari

**Street address**

Islamic Azad University, bridge of talishan, Rasht

**City**

Rasht

## Sponsors / Funding sources

1

**Sponsor**

**Name of organization / entity**

Islamic Azad University of Rasht Branch

**Full name of responsible person**

Investigator

**Street address**

Islamic Azad University of Rasht Branch

**City**

Rasht

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Islamic Azad University of Rasht Branch

**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**

Doctor Bahman Akbari

**Position**

associate professor/ supervisor of Department of Psychology

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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psy.aghajani@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*