Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The Effectiveness of Anger Management Training on Aggression in Bipolar I Disorder Patients Hospitalized in Farshchian Educational and Medical Center of Hamedan

Protocol summary

Summary

The purpose of this study is to investigate the effectiveness of anger management training on aggression in bipolar type 1 disorder patients hospitalized in Farshchian (Sina) educational and medical center of Hamadan. The present study is the quasi-experimental with a single group with per-and post test. the study population consisted of all patients hospitalized in psychiatric wards in Farshchian (Sina) hospital of Hamadan. that the final diagnosis bipolar type 1 disorder is determined by specialists in the field. (Inclusion criteria): patients is not in acute phase of disease, has not history of abuse substance or psychoactive, over age is 18 years, signed informed consent by patients or their families. (Exclusion criteria): for any reason during the acute phase of the disease, nursing report is that non-use medication as medication orders, at least in two sessions of training sessions is absent.(Sampling): number of present in this study 52 person.(Intervention): anger management training in four sessions (70 minute) twice a week and will be discussed in psychiatric wards.(Primary result): expected after the intervention, its effects on aggressive bipolar type 1 patients be observed.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052133378N2**
Registration date: **2017-06-13, 1396/03/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2017-06-13, 1396/03/23

Registrant information

Name

Efat Sadeghian

Name of organization / entity

Hamedan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 3838 0150

Email address

sadeghian_e@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Hamedan University of Medical Sciences

Expected recruitment start date

2017-06-10, 1396/03/20

Expected recruitment end date

2017-06-20, 1396/03/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Anger Management Training on Aggression in Bipolar I Disorder Patients Hospitalized in Farshchian Educational and Medical Center of Hamedan

Public title

The effect of anger management training on aggression in patients with bipolar 1

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: patients is not in acute phase of

disease; has not history of abuse substance or psychoactive; over age is 18 years; signed informed consent by patients or their families. Exclusion criteria: for any reason during the acute phase of the disease; nursing report is that non-use medication as medication orders; at least in two sessions of training sessions is absent.

Age
From **18 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **52**

Randomization (investigator's opinion)
N/A

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Hamedan University of Medical Sciences

Street address
Hamedan,Mahdiyeh Street , Fahmideh boulevard. against mardom park

City
Hamedan

Postal code

Approval date
2017-05-14, 1396/02/24

Ethics committee reference number
IR.UMSHA.REC.1396.1.27

Health conditions studied

1

Description of health condition studied
Bipolar type 1 disorder

ICD-10 code
F31.1

ICD-10 code description
Bipolar affective disorder, current episode manic without psychotic symptoms

Primary outcomes

1

Description
aggression

Timepoint
before intervention, Immediately after the intervention And two weeks after the intervention.

Method of measurement
Anger Inventory STAXI-2 Spielberger

Secondary outcomes

empty

Intervention groups

1

Description
anger management training in four sessions (70 minute) twice a week and will be discussed in psychiatric wards

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Farshchian Educational and Medical Center

Full name of responsible person
Efat Sadeghian, Nursing PhD,Assistant Professor

Street address
Hamedan,mirzadeh eshghi St,Farshchian educational and medical center

City
Hamedan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Hamedan University of Medical Sciences

Full name of responsible person
Fatemeh Cheraghi

Street address
Hamedan- Mahdye Street- Shahid Fahmedeh Boulvar- Hamedan University of Medical Sciences

City
Hamedan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Farshid Shamsaei

Position

Director of the Department of Psychological Nursing,PhD

Other areas of specialty/work

Street address

Hamedan ,mahdiyeh St, Shahed fahmideh Bl,against Mardom park

City

Hamedan

Postal code

Phone

+98 81 3252 6200

Fax

+98 81 3251 2972

Email

ICT@umsha.ac.ir

Web page address

umsha.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Efat Sadeghian

Position

Nursing PhD

Other areas of specialty/work

Street address

Hamedan, Mahdeyeh St, Fahmideh Bl,Against mardom Park

City

Hamedan

Postal code

Phone

+98 81 3252 6200

Fax

+98 81 3251 2972

Email

ICT@umsha.ac.ir

Web page address

umsha.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Hossein Rezai

Position

bachelor of Nursing

Other areas of specialty/work

Street address

Hamadan, Mahdeyeh St, Fahmideh Bl,Against mardom Park

City

Hamedan

Postal code

Phone

+98 81 3252 6200

Fax

+98 81 3251 2972

Email

ICT@umsha.ac.ir

Web page address

umsha.ac.ir

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