

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 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

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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

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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

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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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

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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