

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

Investigating the Impact of Problem-Solving Skills Training on the Aggression Severity in Patients with Type 1 Bipolar Disorders

Protocol summary

Summary

The purpose of this study was to investigate the effect of problem solving skills training on the severity of aggression in type 1 bipolar disorder patients. Entry criteria: aged 18 to 60 years. Earning the minimum score of 75 from the Bass and Prisons questionnaire in Mashhad. Exit criteria: Absence in problem solving skills training group in more than 25% of its sessions. Failure to perform assignments in the problem solving skill group or lack of accountability for the follow-up required. Method: In this study, 60 patients with type 1 bipolar disorder admitted to Avicenna Hospital in Mashhad were selected by convenience sampling and randomly assigned to two groups of control and intervention. Both groups completed the bass and perry aggression questionnaire as a pretest in the beginning of the treatment plan. Both the intervention and control groups, routine patient training continued, and the intervention group received routine training, received training on problem solving skills in four sessions of 60 minutes for one month. Two months after the completion of the training, both groups completed the Bass and Perry questionnaires as post-tests.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017051633994N1**

Registration date: **2017-09-19, 1396/06/28**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-09-19, 1396/06/28

Registrant information

Name

Malihe Eshaghzadeh

Name of organization / entity

Mashhad University Of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Mashhad University Of Medical Sciences

Expected recruitment start date

2017-04-04, 1396/01/15

Expected recruitment end date

2017-04-21, 1396/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the Impact of Problem-Solving Skills Training on the Aggression Severity in Patients with Type 1 Bipolar Disorders

Public title

Investigating the Impact of Problem-Solving Skills Training on the Aggression Severity in Patients with Type 1 Bipolar Disorders

Purpose

Treatment

Inclusion/Exclusion criteria

Entry criteria: aged 18 to 60 years. Earning the minimum score of 75 from the Bass and Prisons questionnaire in Mashhad. Exit criteria: Absence in problem solving skills

training group in more than 25% of its time. Failure to perform assignments in the problem solving skill group or lack of accountability for the follow-up required.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 60

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mashhad University Of Medical Sciences

Street address

Daneshgah AVE

City

Mashhad

Postal code

Approval date

2017-03-11, 1395/12/21

Ethics committee reference number

IR.MUMS.REC.1395.619

Health conditions studied

1

Description of health condition studied

Bipolar disorder

ICD-10 code

F31.1

ICD-10 code description

The patient is currently manic, without psychotic symptoms (as in F30.1), and has had at least one other affective episode (hypomanic, manic, depressive, or mixed) in the past.

Primary outcomes

1

Description

Aggression

Timepoint

Before the intervention. Two months after intervention

Method of measurement

Buss-Perry Aggression Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Patients received problem solving skills in 4 sessions, 60 minutes each week with routine training sessions.

Category

Behavior

2

Description

Control group: Patients received only routine training.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Mashhad Ebne Sina Psychiatr Hospital

Full name of responsible person

Mrs Azghandi

Street address

Street Hurr Ameli

City

Mashhad

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research and Technology Mashhad University of Medical sciences

Full name of responsible person

Vaghee Saeed

Street address

Nursing Collage

City

Mashhad

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Research and Technology Mashhad 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
Mashah University Of Medical
Full name of responsible person
Vaghee Saeed
Position
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Other areas of specialty/work
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Person responsible for scientific inquiries

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Person responsible for updating data

Contact
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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