

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Jul 2026

The impact of group anger control training and communication skills on the aggression male addicts referring to addiction centers

Protocol summary

Summary

This study is an interventional study. The goal of study is determining the effect of group anger control training and communication skills on male addicted aggression. Inclusion criteria inclusion, male patients are leaving the opium drug, and exclusion criteria are, men less than 15 years old; Absence of more than 2 sessions in the curriculum. The population of the study is the patients referring to addiction treatment centers affiliated to Kerman University of Medical Sciences. The sample size is, 100 opium drug addicts whose scores of aggression questionnaire are above 80, and randomly are divided, two experimental groups and one control group (each group of 33 people). The intervention is patient education. The duration of the study is 6 months(onset:2017-08-01). Before the training, aggression questionnaire is given to all three groups. Then an experimental group is placed under anger management training and another experimental group, under communication skills training for 8 sessions of 60 minutes, and the control group does not receive any training. After the training sessions, the aggression questionnaire is completed by all three groups. The outcome of this research is the effect of training on the degree of aggression in patients.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017051633997N1**

Registration date: **2017-08-01, 1396/05/10**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-08-01, 1396/05/10

Registrant information

Name

Tahereh Ramezani

Name of organization / entity

Kerman University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 34331325220

Email address

t_ramezani@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

financial support of Kerman University of Medical Science

Expected recruitment start date

2017-09-01, 1396/06/10

Expected recruitment end date

2018-03-01, 1396/12/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The impact of group anger control training and communication skills on the aggression male addicts referring to addiction centers

Public title

Anger control training and communication skills on the aggression male addicts .

Purpose

Health service research

Inclusion/Exclusion criteria

inclusion criteria : only men on the substance withdrawal
Exclusion criteria: Men less than 15 years old; absence of more than 2 sessions in the training program.

Age

No age limit

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 100

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Vice Chancellor for Research and Technology of Kerman University of Medical Sciences

Street address

Tahmasebabad Crossroads-Street Ibn Sina-Deputy of research and technology of Kerman University of Medical Sciences-Vice Chancellor for Research

City

Kerman

Postal code

76169-13555

Approval date

2017-06-10, 1396/03/20

Ethics committee reference number

IR.KMU.REC.1395.578

Health conditions studied**1****Description of health condition studied**

Aggression

ICD-10 code

F60.2

ICD-10 code description

Dissocial personality disorder

Primary outcomes**1****Description**

patient aggression

Timepoint

Immediately after training and one month after training

Method of measurement

questionner

Secondary outcomes

empty

Intervention groups**1****Description**

The one of experimental group is trained to anger management training for 8 sessions of 60 minutes. This experimental group is divided 2 groups of 16 people for training. The training is done by a psychologist. First session: completing the aggression questionnaire and then, describing of setting goals and rules Group, accustom members of groups with other and consullor, Define and articulate a brief history of anger management techniques, The relationship between peace with anger management, conditions for success of Subjects in the treatment , Take the test. Session II: the presentation of topics on anger and its consequences, Triggers anger and response common. SessionIII: Personal experience anger behavior pattern and monitor warning signs of anger, Assessment of physical arousal anger, Session IV: The topics of relaxation, Reduce stress, calm the hot spots and alarmed, Leaving a position as practical and theoretical. Fifth Session: arguments about adopting Outlook,Phenomenological perception and experience triggers anger, Stop thinking, self-talk, rational thoughts. Session VI: arguments about the role of negative thoughts and experience anger, Triggers thoughts of anger, challenge irrational thoughts, review profit and loss. Seventh session: see debates on education and problem solving strategies, write the name, talking to an empty chair, physical activity, punching bag. Session VIII: training hedging to control stress, anger, rage prevention, conflict resolution and anger management skills, and completing the aggression questionnaire.

Category

Treatment - Drugs

2**Description**

The other experimental group is trained to skills of communication for 8 sessions of 60 minutes. This experimental group is divided 2 groups of 16 people for training. The training is done by a psychologist. First session: completing the aggression questionnaire and then, initial introduction, saying something about modes of communication in society, goals. Session II: Preparation and terminate a useful communication, barriers to effective communication, describes the

communication model. Session III: Language and interpreting nonverbal, physical properties and environmental factors in nonverbal communication. Session IV of listening, barriers to listening, listening skills while mastering the relationship. Fifth Session: reflection of feelings and meanings, audio empathy and responsiveness firm, but flexible Sixth session: of expression, Benefits and its functions, methods of communication in society. Seventh session: the six-expression, nurturing power of saying "No" and its variants, conflict prevention and containment methods, personal conflicts and Group. Session VIII: Participation of solving the problem and its application, problem-solving process traps, integrity, empathy and love, plan and implement a pledge to use communication skills, and completing the aggression questionnaire.

Category

Treatment - Drugs

3

Description

The control group does not receive any training, but they are completed the aggression questionnaire before and after the training sessions.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

shahide Beheshti Psychiatric Hospital in Kerman

Full name of responsible person

mahdieh askarnia- psychiatric nurse

Street address

Gomhoori Boulevard- shahide Beheshti Psychiatric Hospital

City

Kerman

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

kerman University of Medical Science

Full name of responsible person

Abbas pardakhty

Street address

Vice Chancellor for Research and Technology, Kerman University of Medical Sciences, Street Ibn Sina, Tahmasebabad Crossroads.

City

kerman

Grant name

Grant code / Reference number

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

Yes

Title of funding source

kerman University of Medical Science

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

kerman University of Medical Science

Full name of responsible person

Tahereh Ramezani

Position

master degree,faculty

Other areas of specialty/work

Street address

Kerman University of Medical Sciences Campus, beginning around Seven Alavi Garden.

City

kerman

Postal code

13555-76169

Phone

+34 31325700

Fax

Email

t_ramezani2kmu.ac.ir

Web page address

kmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

kerman University of Medical Science

Full name of responsible person

Tahereh Ramezani

Position

master degree,faculty

Other areas of specialty/work

Street address

Kerman University of Medical Sciences Campus, beginning around Seven Alavi Garden.

City

kerman

Postal code

13555-76169

Phone

+34 31325700

Fax

Email

t_ramezani2kmu.ac.ir

Web page address

www.kmu.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

kerman University of Medical Science

Full name of responsible person

Tahereh Ramezani

Position

master degree, faculty

Other areas of specialty/work

Street address

Kerman University of Medical Sciences Campus,
beginning around Seven Alavi Garden.

City

kerman

Postal code

13555-76169

Phone

+34 31325700

Fax

Email

t_ramezani@kmu.ac.ir

Web page address

www.kmu.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