Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

The effect of social network based education on stress management of pre-hospital emergency personnel

Protocol summary

Summary

Objectives: The purpose of this study was to investigate the effect of education through social networks on stress management of pre-hospital emergency personnel. Design: The interventional study was conducted through two groups and the allocation of samples to the two groups was non-random. Inclusion criteria: People who work as Emergency Technicians at Urban and Rural Bases with minimally three months' work experience and desire to enter the study. Exclusion criteria: not being a member of the Telegram group; changing the emergency base; Transfer to another city. The statistical population included the pre-hospital emergency department personnel, Markazi province. Method: Data was gathered using demographic questionnaires, Nurses' Job Stress (NSS) (Knowledge et al., 2003), coping self-efficacy (Chesney 2006) and social support (McCain and McClean) and Stress Coping Strategies (Endler & Parker) , 1990) Questionnaire. Samples were selected randomly. The sample size was 120 (60 in the intervention group and 60 in the control group). Intervention in the intervention group: Organizing 12 training sessions during 4 weeks through which were provided to the participants through telegram group. At the end of the study, a stress management training package was given to the participants. The control group received no special intervention and the stress management training package was given to the participants at the end of the study. Primary outcome variable: Adopting stress-reducing behaviors in pre-hospital emergency personnel and secondary outcome variable: Autoimmunity.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052934217N1**
Registration date: **2017-07-23, 1396/05/01**
Registration timing: **retrospective**
Last update:
Update count: **0**

Registration date

2017-07-23, 1396/05/01

Registrant information

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Recruitment status

Recruitment complete

Funding source

Basij Squere، Sardasht، Arak, Arak University of Medical Sciences Vice chancellor for research, Arak University of Medical Sciences، Responsive: Dr. Ali Arash Anushirvani

Expected recruitment start date

2017-02-03, 1395/11/15

Expected recruitment end date

2017-02-18, 1395/11/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of social network based education on stress management of pre-hospital emergency personnel

Public title

The Effect of Training on Reducing the Stress of Pre-Hospital Emergency Personnel

Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria: People who work as Emergency Technicians at Urban and Rural Bases with minimally three months' work experience and desire to enter the study. Exclusion criteria: not being a member of the Telegram group; changing the emergency base; Transfer to another city.
Age
No age limit
Gender
Male

Phase
2
Groups that have been masked
No information
Sample size
Target sample size: **160**
Randomization (investigator's opinion)
Not 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
Ethics committee of Arak University of Medical Sciences
Street address
Arak University of Medical Sciences, Basij Square, Sardasht, Arak
City
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Postal code
3848176941
Approval date
2017-01-30, 1395/11/11
Ethics committee reference number
IR.ARAKMU.REC.1395.378

Health conditions studied

1

Description of health condition studied
Learn to reduce stress
ICD-10 code
f43
ICD-10 code description
Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description
Stress reduction behaviors in pre-hospital emergency personnel
Timepoint
Before and 3 months after intervention
Method of measurement
questionnaires job stress (NSS), coping strategies (Endler and Parker), self-efficacy to deal with problems (Chsny 2006) and perceived social support (McCain Vmarklyn)

Secondary outcomes

1

Description
Self-efficacy
Timepoint
Before and 3 months after intervention
Method of measurement
Questionnaires job stress (NSS), coping strategies (Endler and Parker), self-efficacy to deal with problems (Chsny 2006) and perceived social support (McCain and Marklyn).

Intervention groups

1

Description
Intervention: After joining the telegram group, participants listen to and watch audio and video Stress Management messages on Telegram, sent by the researcher, every other day for four weeks.
Category
Behavior

2

Description
The control group received no special intervention and the stress management training package (audio and vdeo files) was given to the participants at the end of the study.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center

Arak University of Medical Sciences
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Sponsors / Funding sources

1

Sponsor
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Vice-Chancellor for Research of Arak University of Medical Sciences
Full name of responsible person
Ali Arash Anoushirvani
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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
Vice-Chancellor for Research of Arak 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