

Clinical Trial Protocol

Iranian Registry of Clinical Trials

07 Jul 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

Name

Masoomeh Rezaei

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3368 7274

Email address

m.rezaei@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Basij Square, 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

Arak

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
Full name of responsible person
Masoomeh Rezaei
Street address
Arak University of Medical Sciences, Basij Square,
Sardasht, Arak
City
Arak

+98 86 3368 7274
Fax
+98 33662210
Email
M.Rezaei@arakmu.ac.ir; rshadi58@yahoo.com
Web page address
www.arakmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice-Chancellor for Research of Arak University of
Medical Sciences
Full name of responsible person
Ali Arash Anoushirvani
Street address
Arak University of Medical Sciences, Basij square,
Sardasht
City
Arak
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

Contact

Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Masoomeh Rezaei
Position
Masters student
Other areas of specialty/work
Street address
Arak University of Medical Sciences, Basij Squere,
Sardasht, Arak
City
Arak
Postal code
3848176941
Phone

Person responsible for scientific inquiries

Contact

Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Nasrin Roozbahani
Position
P.H.D
Other areas of specialty/work
Street address
Arak University of Medical Sciences, Basij Squere,
Sardasht, Arak
City
Arak
Postal code
3848176941
Phone
+98 86 3368 4615
Fax
Email
Roozbahani7281@gmail.com
Web page address

Person responsible for updating data

Contact

Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Masoomeh Rezaei
Position
Masters student
Other areas of specialty/work
Street address
Arak University of Medical Sciences, Basij Squere,
Sardasht, Arak
City
Arak
Postal code
3848176941
Phone
+98 86 3368 7274
Fax
Email
M.Rezaei@arakmu.ac.ir; rshadi58@yahoo.com
Web page address

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