

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

Comparison of the combined effect of education on conflict resolution and emotional intelligence training on family resilience of patients suffering from major depression

Protocol summary

Summary

The main objectives of the project: To determine the effect of education based on conflict resolution and without emotional intelligence education on the evolution of families with patients with major depression. The design of the study is a case study in a randomized, double-blind, paralleled field, which consists of three groups of subjects and a control group with pre-test and post-test. The statistical population of this research includes families with major depressive disorder in Yasuj city in 1396. From this community, 100 of these families are selected and randomly divided into three groups and one control group. Inclusion criterion: Swirling below 100, having a patient with major depression in the family, written consent for participation in the research, at least 18 years of age, and from each family one male and female, not having mental illness and any other Acute physical illness participant Exclusion criteria: Dissatisfaction with participation in study and death of a patient with major depression. absence in classrooms Interventions that will take place in the future. The first group was 25 participants (conflict resolution training). The second group received the second intervention. 25 subjects (emotional intelligence training). Third group: 25 students (control conflict resolution and emotional intelligence). Group 4: Control group: control group No intervention). For 2 months, interventions will be carried out on subject groups. The variable is a consequence of the variability of families with depression.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2017062234706N1**
Registration date: **2017-11-20, 1396/08/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-11-20, 1396/08/29

Registrant information

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Yasuj University of Medical Sciences

Expected recruitment start date

2017-12-21, 1396/09/30

Expected recruitment end date

2018-01-20, 1396/10/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison of the combined effect of education on conflict resolution and emotional intelligence training on

family resilience of patients suffering from major depression	Shahid Dr. Jalil Avenue, Educational Campus, University of Medical Sciences, Imam Sajjad Hospital, Yasouj
Public title Clinical Practice Comparison of conflict resolution training and emotional intelligence on the dynamics of families with patients with major depression	City Yasuj
Purpose Prevention	Postal code 7591994799
Inclusion/Exclusion criteria Inclusion criterion: Swirling below 100, having a patient with major depression in the family, written consent for participation in the research, at least 18 years of age, and from each family one male and female, not having mental illness and any other Acute physical illness participant Exclusion criteria: Dissatisfaction with participation in study and death of a patient with major depression.absence in classroom.	Approval date 2017-07-15, 1396/04/24
Age From 18 years old	Ethics committee reference number IR.YUMS.REC.1396.67
Gender Both	Health conditions studied <u>1</u> Description of health condition studied Major depression
Phase N/A	ICD-10 code F33.3
Groups that have been masked No information	ICD-10 code description Severe depressive episode without psychotic symptoms Recurrent depressive disorder, unspecified Recurrent depressive disorder, current episode severe without psychotic symptoms Severe depressive episode with psychotic symptoms Depressive episode, unspecif
Sample size Target sample size: 100	Primary outcomes <u>1</u> Description Family resilience
Randomization (investigator's opinion) Randomized	Timepoint Before intervention, after intervention, one month after intervention
Randomization description	Method of measurement Quicksy's questionnaire
Blinding (investigator's opinion) Double blinded	Secondary outcomes <u>1</u> Description -
Blinding description	Timepoint -
Placebo Not used	Method of measurement -
Assignment Parallel	Intervention groups <u>1</u> Description Intervention group: In the first group, conflict resolution training will be provided for two consecutive hours in a two-hourly session per week, according to the protocol. Session 1: After the group's acquaintance, about the purpose of the program, the importance of the relationship and the effects of conflict on the mental
Other design features Practice is in the field.	
Secondary Ids <u>1</u> Registry name - Secondary trial Id - Registration date empty	
Ethics committees <u>1</u> Ethics committee Name of ethics committee Ethics committee of Yasuj University of Medical Sciences Street address	

health of family members is discussed. Session 2: The group will discuss the concept of conflict and its solutions (competition, avoidance, reconciliation, coherence, and co-operation) and will ask participants to review their conflicts and think about ways to solve them. The third meeting is about reviewing past meetings and discussing inefficient interactions (criticism, blame, falsification, and silence) about effective interactive patterns and role play in a negative and positive interaction are discussed. The fourth session is about reviewing past hearings and about empathy, the importance and methods of explaining it, and giving the group a role in this regard. The fifth and sixth session are about reviewing past sessions and follow up assignments, and teach listening and speaking skills and then modeling an action. The seventh and eighth sessions are about Reviewing past sessions to learn how to solve problems (doing exercises in this field, implementing these steps to solve problems within the family); Then he taught and practiced the ways of expressing feelings and desires, teaching and practicing anger management, calming down and answering the questions of the participants.

Category

Behavior

2

Description

Intervention group : The session will be taught twice a week for each two hour session. Session 1: Introducing and introducing team members with each other and with the researcher, determining the goals of the sessions, defining the emotion and emotional intelligence and identifying it in life. Session 2: Review the past sessions Identify facial expressions and thoughts, understand the emotions and homework at home. Session 3: Review past sessions Investigate the relationship between automatic thoughts, excitements and behavior through practical examples. Session 4: Review past sessions on how to identify emotions in others and social awareness and homework. Session 5: Review of past sessions Expressions of emotions and the need to manage emotions in life and practical exercises. Session 6: Review past sessions of emotion control, prediction of emotions, and recognition of the first emotional symptoms in your And homework. Session 7: Review of past sessions of emotion control, emotional control through change (position, relaxation and emotional words, showing anger in the proper way, teaching ways to walk in soothing). Session 8: Reviewing past exertion control sessions 3 Teaching Emotional Threats and Expressions of Excellence and Exercise, and generally at the beginning of each session, reviewing the session before, and following the assignment of the meeting ,And at the end of each meeting, The experiment is being studied.

Category

Behavior

3

Description

Intervention group: Together, eight sessions of 2 hours

will be taught in two sessions. First Session: After the group's acquaintance, about the program's purpose, the importance of the relationship and the effects of conflict on the mental health of family members, and on the concept of conflict and its solutions (competition, avoidance, reconciliation, coherence and cooperation) will be group discussion and Participants are asked to examine their conflicts and think about ways to solve them. Second session: reviewing past sessions and discussing the interactive patterns of inefficiency (critique, blame, falsification, and silence) about effective interacting patterns and role play in a positive and negative interaction, and explaining empathy, significance and methods, In this field, the assignment is given to the group. Third session: reviewing past sessions, follow up assignments and teach listening and speaking skills and then modeling an action. Fourth session: reviewing how past sessions will teach you to solve problem solving problems (doing exercises in this area, implementing these steps to solve problems within the family). Than, they will learn and practice the ways in which they express feelings and desires, learn and practice, and give up their anger and calmness and answer the questions of the participants. Fifth Session: Defining Excitement and Emotional Intelligence and Identifying Its Types in Life and Identifying Facial and Thought Modes, Understanding Emotions and Homework Sixth Session: Reviewing Past Sessions Investigating the Relationship between Auto Thinking, Excitement and Behavior through Practical Examples of How to Identify Emotions in Others and Social Awareness and Homework Homework Seventh Session: Review past sessions Exercise Expressions and Exercise Exercises and Exercise Exercise 1, Expecting Excitement and Understanding First Emotional Symptoms in Yourself and Homework Homework. Eighth Session: Reviewing past sessions of emotion control, emotional control through change (position, relaxation and emotional words, showing anger in the right way, teaching ways to walk soberly), emotion control 3 teaching emotional solving methods and Exactly expressed and well-controlled excitement, and in general, at the beginning of each session, reviewing the previous session and follow up on the assignment of that session. At the end of each meeting, the assignment will be studied for the test group.

Category

Behavior

4

Description

Control group: In the fourth group, no intervention will be given as a control group

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Shaheed Rajaee Psychiatric Hospital of Yasuj
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor of research of Yasouj University of Medical Sciences
Full name of responsible person
Abolqasem Hassanzadeh
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Shahid Motahari Blvd, Vice-Chancellor of Research, Yasouj University of Medical Sciences
City
Yasouj

Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Vice Chancellor of research of Yasouj 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

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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