

Clinical Trial Protocol

Iranian Registry of Clinical Trials

08 Jul 2026

The effect of resilience training on anxiety and depression in patients with deformation due to burn injuries

Protocol summary

Summary

This study is a randomized clinical trial on 60 patients with deformation due to burn referring to the clinic of Rasht Velayat hospital. Patients are selected through convenience sampling and then randomly divided into two groups of intervention and control. Connor Davidson Resiliency Questionnaire (CD-RISC), Spielberger Anxiety (STAI) and Beck Depression in Second Edition (BDI-II) are completed in both groups before and immediately after the intervention. In this study, resilience training was delivered to intervention group as 8 sessions of 90 minutes and once a week in one of the educational classes at Velayat Hospital of Rasht. The control group received no intervention. Inclusion Criteria: Aged 30 to 80 years, Patients with burns up to 30%, At least three months after the burn accident, Receive average to high (above 40) anxiety scores in the Spielberger anxiety test, Get a high depression score (above 18) in Beck depression test, Having the ability to understand the materials in Persian. Exclusion criteria: Unwillingness to cooperate and Not participating in In three sessions of training sessions, Presence of mental disorders and mental retardation, Attend the same classes Educational.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017092636434N1**

Registration date: **2017-10-05, 1396/07/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-10-05, 1396/07/13

Registrant information

Name

Samaneh Haghi

Name of organization / entity

Islamic Azad University Tehran Medical Branch

Country

Iran (Islamic Republic of)

Phone

Email address

s_haghi33@yahoo.com

Recruitment status

Recruitment complete

Funding source

Guilan University of Medical Sciences

Expected recruitment start date

2016-12-21, 1395/10/01

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

The effect of resilience training on anxiety and depression in patients with deformation due to burn injuries

Public title

The effect of resilience training on burn patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria: Aged 30 to 80 years, Patients with burns up to 30%, At least three months after the burn accident, Receive average to high (above 40) anxiety scores in the Spielberger anxiety test, Get a high depression score (above 18) in Beck depression test, Having the ability to understand the materials in

Persian.Exclusion criteria:Unwillingness to cooperate and Not participating in In three sessions of training sessions, Presence of mental disorders and mental retardation, Attend the same classes Educational

Age

From **18 years** old to **60 years** old

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

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Islamic Azad University Tehran Medical Branch

Street address

Tehran Medical Branch , Islamic Azad UniversityT, khaghani st, shariati Ave , Tehran, Iran

City

Tehran

Postal code

1916893813

Approval date

2016-11-12, 1395/08/22

Ethics committee reference number

IR.IAU.TMU.REC.1395.225

Health conditions studied

1

Description of health condition studied

Burn

ICD-10 code

T20.2, T20

ICD-10 code description

Burn of second degree of head and neck, Burn of third degree of head and neck

Primary outcomes

1

Description

resiliency

Timepoint

Before and 2 months after burn

Method of measurement

Connor-Davidson Resilience Scale questionnaire

Secondary outcomes

1

Description

anxiety-depression

Timepoint

Before and 2 months after burn

Method of measurement

Trait Anxiety Inventory and Beck Depression Inventory-II questionnaires

Intervention groups

1

Description

Resilience training was delivered to the participants through educational sessions and pamphlet. These sessions were held once a week for 8 weeks.

Category

Behavior

2

Description

After completing the questionnaires, the control group is given a booklet

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Velayat Hospital

Full name of responsible person

Samaneh Haghi

Street address

Velayat Hospital, Namjoo St. , Rasht, Guilan, Iran

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Guilan University of Medical Sciences

Full name of responsible person

Samaneh Haghi

Street address

Central Office of Guilan University of Medical Sciences, Parastar St., Rasht, I.R. Iran

City

Guilan

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Guilan 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**

Islamic Azad University Tehran Medical Branch

Full name of responsible person

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Web page address<http://www.iautmu.ac.ir>**Person responsible for updating data****Contact****Name of organization / entity**

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Web page address<http://www.iautmu.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*