

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effectiveness of Anger Control Skills Training on Improving Self-esteem in Women with Breast Cancer after Mastectomy Surgery

Protocol summary

Study aim

survey the effectiveness of anger control skills training on improving self-esteem in women with breast cancer

Design

In this research, 30 women with breast cancer after mastectomy surgery were chosen purposefully and a code was allocated to each one of them. Then, patients were randomly divided into two control and intervention groups.

Settings and conduct

This research was carried out in several hospitals in Tehran that received cancer patients. In each hospital in coordination with authorities, a room for intervention is selected, and for each participant in the study, special intervention sessions will be held.

Participants/Inclusion and exclusion criteria

Women who have breast cancer and had mastectomy surgery.

Intervention groups

We have two groups in this study. An intervention group that receives anger control skill training and a control group that does not receive this training.

Main outcome variables

Achieving that teaching anger control skills can improve the self-esteem of women with cancer or not.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20150204020961N5**

Registration date: **2017-12-06, 1396/09/15**

Registration timing: **retrospective**

Last update: **2017-12-06, 1396/09/15**

Update count: **0**

Registration date

2017-12-06, 1396/09/15

Registrant information

Name

Sheida Sharifi Saki

Name of organization / entity

Payamnoor University

Country

Iran (Islamic Republic of)

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+98 21 8837 2732

Email address

sheidasharifi1348@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

2017-10-23, 1396/08/01

Actual recruitment end date

2017-11-22, 1396/09/01

Trial completion date

empty

Scientific title

Effectiveness of Anger Control Skills Training on Improving Self-esteem in Women with Breast Cancer after Mastectomy Surgery

Public title

The effect of anger control training on improving the self-esteem of women who had cancer and had mastectomy surgery

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Having breast cancer Mastectomy surgery

Exclusion criteria:
Taking medications that affect cognitive function.
Dissatisfaction to participate in research.

Age
No age limit

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**
Actual sample size reached: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Simple randomization: Each participant was assigned to a numerical study, then randomization was performed using a random number table, and subjects were assigned to two experimental and control groups. The sampling unit is individual. This research was not possibility of hiding the intervention according to the limited.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

دانشگاه پیام نور

Street address

Payamnoor University, Mahmoud Norian St, North
Dibaghi St, Tehran

City

Tehran

Province

Tehran

Postal code

1111111111

Approval date

2015-03-17, 1393/12/26

Ethics committee reference number

71096/D

Health conditions studied

1

Description of health condition studied

Beast Cancer

ICD-10 code

C50

ICD-10 code description

Malignant neoplasm of breast

Primary outcomes

1

Description

self-esteem

Timepoint

before and after intervention

Method of measurement

Rosenberg self-esteem Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: experimental group received skills of anger management including of: cognitive skills, behavioral skills, relaxation and stress reduction skills in during 8 session (1/30 hours).

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

بیمارستان امام خمینی

Full name of responsible person

شیداشریفی ساکی

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East Baquerkhan Street, Highway Chamran

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Payamnoor University

Full name of responsible person

دکتر احمد علی پور

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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

Payamnoor University

Proportion provided by this source

20

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Academic

Person responsible for general inquiries

Contact**Name of organization / entity**

Payamnoor University

Full name of responsible person

sheida sharifi saki

Position

PHD student

Latest degree

Master

Other areas of specialty/work

Psychology

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Privacy Participants

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available