

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The Effect of Tai Chi on Stress and Anxiety and Depression and Self-esteem of Nursing Students of Isfahan University of Medical Sciences in 2012

Protocol summary

Study aim

Determining the Effect of Tai Chi Sports on Stress, Anxiety, Depression and Self-confidence of Nursing Students in 1395

Design

Sampling was easy and the grouping of samples was done in two groups of test and control, randomized assignment. In this way, a list of the names of the students who had the criteria for entering the study and were willing to participate in the study was prepared and drawn in the form of cards in pairs and tomorrow that resulted in the number of individuals in the test group and the number of couples We placed in the control group. In this study, 64 nursing students were selected.

Settings and conduct

The study site is located in Mofahdi sports hall of Isfahan University of Medical Sciences. The study group is taking eight sessions and weekly sessions for 40 minutes each week.

Participants/Inclusion and exclusion criteria

All nursing students who do not have a long-term physical, psychological, and functional activity in Tai Chi have been denied entry. Inclusion includes discontinuation of study and use of psychosocial drugs and the occurrence of a stressful event.

Intervention groups

Yang's Tai Chi exercise is done for eight weeks and three weeks for 40 minutes each week. The same exercise program is conducted in the control group in the control group.

Main outcome variables

This sport is very low cost and reduces stress and anxiety and depression and improves the self-esteem of nursing students. Improving mental health is the most important part of the healthcare team.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171210037824N1**

Registration date: **2018-01-17, 1396/10/27**

Registration timing: **retrospective**

Last update: **2018-01-17, 1396/10/27**

Update count: **0**

Registration date

2018-01-17, 1396/10/27

Registrant information

Name

Saeedeh Kabiry

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 31 3376 8303

Email address

dinani1366@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-09-06, 1396/06/15

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Tai Chi on Stress and Anxiety and Depression and Self-esteem of Nursing Students of Isfahan University of Medical Sciences in 2012

Public title

Tai Chi's Effect on Stress, Anxiety, and Depression and Self-confidence of Nursing Students

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Students Studying Nursing Lack of Experience in Tai Chi Sports in The Long run Lack of Severe Cardiovascular Problems and Musculoskeletal Problems Not Having a Mental Illness who Needs to take Psychiatric Medications

Exclusion criteria:

The Occurrence of a Stressful Incident Unwillingness to Participate in Research The use of Psychotropic Drugs by The Person Participating in The Research Missing more than three Sessions in Intervention

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 64

Randomization (investigator's opinion)

Randomized

Randomization description

Sampling was easy and the grouping of samples was done in two groups of test and control, randomized assignment. In this way, a list of the names of the students who had the criteria for entering the study and were willing to participate in the study was prepared and drawn in the form of cards in pairs and tomorrow that resulted in the number of individuals in the test group and the number of couples We placed in the control group.

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" Isfahan University of Medical Sciences

Street address

Hezarjrib Ave, Esfahan

City

Esfahan

Province

Isfahan

Postal code

8174673461

Approval date

2017-04-18, 1396/01/29

Ethics committee reference number

IR.MUI.REC

Health conditions studied**1****Description of health condition studied**

Stress

ICD-10 code**ICD-10 code description****2****Description of health condition studied**

Anxiety

ICD-10 code

F06.4

ICD-10 code description

Anxiety

3**Description of health condition studied**

Depression

ICD-10 code

F32.9

ICD-10 code description

Depressive episode, unspecified

4**Description of health condition studied**

Self Confidence

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Scale Depression, Anxiety, Stress DASS-42

Timepoint

Before, immediately and one month after the start of Tai Chi

Method of measurement

Scale Depression, Anxiety, Stress DASS-42

2

Description

Self confidence score Eysenck questionnaire

Timepoint

Before, immediately and one month after the start of Tai Chi

Method of measurement

Eysenck self confidence questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Three New Yang-style Tai Chi Types for eight weeks and three sessions of exercise for up to 40 minutes per 32 nursing students with entry requirements

Category

Other

2

Description

Control group: There is no intervention and the program is provided in the semester

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

School of Nursing and Midwifery, Isfahan University of Medical Sciences

Full name of responsible person

Kabiry Saeedeh

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Isfahan University of Medical Sciences, Hezarjrib Ave

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Esfahan University of Medical Sciences

Full name of responsible person

Dr.Kohan SHahnaz

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Web page address

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Esfahan University of Medical Sciences

Proportion provided by this source

100

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

Esfahan University of Medical Sciences

Full name of responsible person

Saeedeh Kabiry

Position

Student psychiatric nursing

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity
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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

عدم امادگی

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not 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