Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Effect of Cognitive Behavior based counseling on workplace and Decision-Making procrastination among Midwives Working in Zanjan Hospitals.

Protocol summary

Study aim
Determine the effect of Cognitive Behavior based counseling on workplace and Decision-Making procrastination among midwives working in hospitals.

Design
Counseling, random assignment to intervention groups and control groups, not blinded, without placebo.

Settings and conduct
The intervention will be conducted in 7 sessions of 90 minutes in workshop of Roozbeh, Ayatollah Mousavi Hospital weekly.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Having an undergraduate degree in midwifery, tending to participate in research and score above the cut point (32) of Tuckman procrastination scale; Exclusion criteria: Unwillingness to participate in research further; missing more than two consecutive sessions and score above the cut point (48) of Depression Anxiety Stress Scales (DASS-24).

Intervention groups
The cognitive - behavioral group counseling based on Salsman procrastination protocol for seven 90-minute sessions on the experimental groups; The control groups will take no action and no intervention will be implemented.

Main outcome variables
Workplace procrastination; Decision-Making procrastination.

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20151211025477N4**
Registration date: **2018-03-17, 1396/12/26**
Registration timing: **prospective**
Last update: **2018-03-17, 1396/12/26**
Update count: **0**

Registration date
2018-03-17, 1396/12/26

Registrant information

Name
Elahe Ahmadnia

Name of organization / entity
Social determinants of health center

Country
Iran (Islamic Republic of)

Phone
+98 24 3344 9192

Email address
ahmad@zums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2018-04-21, 1397/02/01

Expected recruitment end date
2018-06-05, 1397/03/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effect of Cognitive Behavior based counseling on workplace and Decision-Making procrastination among Midwives Working in Zanjan Hospitals.

Public title
Effect of Cognitive Behavior based counseling on workplace and Decision-Making procrastination among Midwives.

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having an undergraduate degree in midwifery Tending to participate in research Score above the cut point (32) of Tuckman procrastination scale

Exclusion criteria:

Unwillingness to participate in research further Missing more than two consecutive sessions Score above the cut point (48) of Depression Anxiety Stress Scales (DASS-24)

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

Qualified midwives were selected and with block randomization method and based on their homogeneity will be divided into the groups of interventions and controls.

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

Zanjan University of Medical Sciences Ethics Committee

Street address

Zanjan University Of Medical Sience, Azadi Blvd, Zanjan

City

Zanjan

Province

Zanjan

Postal code

4515613191

Approval date

2018-03-14, 1396/12/23

Ethics committee reference number

IR.ZUMS.REC.1396.335

Health conditions studied

1

Description of health condition studied

Procrastination

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Workplace procrastination

Timepoint

Pretest, Post-test and Follow up after 2 months

Method of measurement

Procrastination at Work Scale

2

Description

Decision-Making procrastination

Timepoint

Pretest, Post-test and Follow up after 2 months

Method of measurement

Decisional Procrastination Scale

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Implementation of cognitive - behavioral group counseling using the Salsmn procrastination protocol for seven 90-minute sessions.

Category

Other

2

Description

Control group: The control group will take no action and no intervention will be implemented.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Mousavi Hospital

Full name of responsible person

Monire Moharram Nejadifar

Street address

Gavazang Road, Mousavi Hospital
City
Zanjan
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mousavihospital@zums.ac.ir

2

Recruitment center
Name of recruitment center
Bahman Hospital
Full name of responsible person
Monire Moharram Nejadifar
Street address
Bahman Hospital, in front of police headquarters, Town Poonak, 22 Bahman Highway
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3

Recruitment center
Name of recruitment center
Imam Hossein Hospital
Full name of responsible person
Monire Moharram Nejadifar
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Zanjan University of Medical Sciences
Full name of responsible person
Akbar Halvachi
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Zanjan University of Medical Sciences, Azadi Blvd, Zanjan
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+98 24 3342 0666
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mali@zums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Zanjan 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
Zanjan University of Medical Sciences
Full name of responsible person
Elahe Ahamadnia
Position
Instructor
Latest degree
Ph.D.
Other areas of specialty/work
Reproductive health
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Person responsible for scientific inquiries

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Full name of responsible person
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M.Sc.candidate in Consultation on Midwifery

Latest degree
Master

Other areas of specialty/work
Midwifery

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Person responsible for updating data

Contact

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Full name of responsible person
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Position
M.Sc.candidate in Consultation on Midwifery

Latest degree
Master

Other areas of specialty/work
Midwifery

Street address
No. 6, Unit 4668, 12th Street, Western phase 2, Karmandan Community

City
Zanjan

Province
Zanjan

Postal code
4513955147

Phone
+98 24 3346 5210

Email
mo.mohram.1351@gmail.com

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
Due to the confidentiality of the data and the possibility of abuse

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

Clinical Study Report
Yes - There is a plan to make this available

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

Data Dictionary
Not applicable

Title and more details about the data/document
Only part of the information, such as information on the main outcome or the like, can be shared.

When the data will become available and for how long
One year after the publication of the results as an article

To whom data/document is available
Researchers

Under which criteria data/document could be used
In order to complete the studies

From where data/document is obtainable
Researcher and adviser

What processes are involved for a request to access data/document
6 months

Comments