

Clinical Trial Protocol

Iranian Registry of Clinical Trials

20 Jun 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 Science, 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

Province

Zanjan

Postal code

0

Phone

+98 24 3313 0000

Email

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

City

Zanjzn

Province

Zanjan

Postal code

4515653346

Phone

+98 24 3303 9999

Email

info@zbh.ir

3

Recruitment center

Name of recruitment center

Imam Hossein Hospital

Full name of responsible person

Monire Moharram Nejadifar

Street address

Imam Hossein Hospital, Amjadiyye Junction, Farhang
Quarter

City

Zanjan

Province

Zanjan

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0

Phone

+98 24 3301 1000

Email

mo.mohram.1351@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Akbar Halvachi

Street address

Zanjan University of Medical Sciences, Azadi Blvd,
Zanjan

City

Zanjan

Province

Zanjan

Postal code

۴۵۱۵۶۱۳۱۱۳

Phone

+98 24 3342 0666

Email

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

Street address

Nursing and Midwifery School, End of Haj Ahmad
Mahdavi St., Karmandan Community, Zanjan

City

Zanjan

Province

Zanjan

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Phone

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Email

ahmad@zums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Monire Moharram Nejadifard

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

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Phone

+98 24 3346 5210

Email

mo.mohram.1351@gmail.com

Person responsible for updating data

Contact

Name of organization / entity

Zanjan University of Medical Sciences

Full name of responsible person

Monire Moharram Nejadifard

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