

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jul 2026

The effect of life skills training on hope, assertiveness and controlling the aggression of addicts who are overcoming a drug user

Protocol summary

Study aim

Determining the Impact of Life Skills Training on assertiveness, Hope and controlling the anger of the drug users who are overcoming the drug use.

Design

This clinical trial study was conducted with two parallel random groups and a sample size of 40 people in each group.

Settings and conduct

This study will be carried out in the addiction treatment department of the Zahedan Psychiatric Center. Intervention in the form of life skills training will be conducted in groups of 4-8.

Participants/Inclusion and exclusion criteria

Inclusion criteria: 1- Definitive diagnosis of drug addiction (according to the psychiatrist's opinion and recorded in the patient's case) 2-Lack of mental disability due to history and psychiatrist's approval 3-No mental illness associated with addiction based on psychiatrist's approval 4-There are no symptoms of drug exclusion syndrome Exit criteria: Unwillingness to attend a therapeutic meeting

Intervention groups

In this research, individuals will be placed in two groups of intervention and control. The intervention group will receive the training program.

Main outcome variables

The main outcomes of the study are the control of anger, increased hope, increased assertiveness, and ultimately the prevention of recurrence of drug use.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180218038773N1**

Registration date: **2018-03-20, 1396/12/29**

Registration timing: **retrospective**

Last update: **2018-03-20, 1396/12/29**

Update count: **0**

Registration date

2018-03-20, 1396/12/29

Registrant information

Name

nasrin rezaee

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 54 3344 2481

Email address

rezaee_n@zaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2017-01-15, 1395/10/26

Expected recruitment end date

2017-04-04, 1396/01/15

Actual recruitment start date

2017-01-15, 1395/10/26

Actual recruitment end date

2017-05-30, 1396/03/09

Trial completion date

empty

Scientific title

The effect of life skills training on hope, assertiveness and controlling the aggression of addicts who are overcoming a drug user

Public title

The effect of life skills training on hope, assertiveness and controlling the aggression of addicts who are overcoming a drug user

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Definitive diagnosis of substance abuse (according to the psychiatrist's opinion and recorded in the patient's case)
Lack of mental disability due to history and psychiatrist's approval
No mental illness associated with addiction based on psychiatrist's approval
There are no symptoms of drug exclusion syndrome

Exclusion criteria:

Not attending more than one treatment session

Age

From **17 years** old to **40 years** old

Gender

Male

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Actual sample size reached: **35**

Randomization (investigator's opinion)

Not 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

Ethics committee of Zahedan University of Medical Sciences

Street address

Mashahir Square, Community Health Research Center, Zahedan, Iran.

City

Zahedan

Province

Sistan-va-Balouchestan

Postal code

9816913396

Approval date

2017-01-15, 1395/10/26

Ethics committee reference number

IR.ZAUMS.REC.1395. 248

Health conditions studied

1

Description of health condition studied

Drug abuse

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

mean score of hope

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Miller Hope Scale

2

Description

mean score of assertiveness

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Gambrill & Richey assertiveness questionnaire

3

Description

mean score of anger

Timepoint

Before intervention and 8 weeks after intervention

Method of measurement

Buss & Perry Aggression Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group is a group that will have criteria for entry into the study. Life skill training is provided. The control group will have criteria for entering the study, but no training will be received.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Baharan Psychiatric Center of Zahedan

Full name of responsible person

Nasrin Rezaee

Street address

Emam khomiki street, Baharan Psychiatric Center of
Zahedan , Zahedan, Iran.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zahedan University of Medical Sciences

Full name of responsible person

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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

Zahedan 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

Zahedan University of Medical Sciences

Full name of responsible person

Nasrin Rezaee

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

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

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

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

Analytic Code

No - There is not a plan to make this available

Data Dictionary

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