

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

Assessing effectiveness of anger management skills training on the anger of people living with HIV Referring to Referral behavioral diseases counseling center affiliated with Kerman University of Medical Sciences Reference

Protocol summary

Study aim

Determining the Effectiveness of Anger Management Skills Training on Anger among HIV Patients Referring to Kerman Critical Care Reference Centers, Counseling Center in 2018

Design

Randomized clinical trial with community-based control group without blindness

Settings and conduct

This study is conducted to determine the effectiveness of anger control skills of HIV patients in Kerman University of Medical Sciences. The subjects are divided into two groups of control and intervention by simple randomization method.

Participants/Inclusion and exclusion criteria

Age at least 18 years, A history of HIV infection, Reading and writing literacy, No psychological intervention.

Intervention groups

This research is an experimental study with intervention and control groups. The population of the study consists of 173 individuals who are active in the Behavioral Reference Centers Counseling Center. The research samples are comprised of 60 individuals who meet the criteria for entry. In this research, the samples are randomly divided into two intervention and control group with 30 people in each one. Anger management training content are implemented using similar studies in four sessions of 75 to 90 minutes

Main outcome variables

anger management

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181105041566N1**

Registration date: **2019-02-12, 1397/11/23**

Registration timing: **prospective**

Last update: **2019-02-12, 1397/11/23**

Update count: **0**

Registration date

2019-02-12, 1397/11/23

Registrant information

Name

Mehri Lotfalizadeh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 34 3222 1503

Email address

m.lotfalizadeh-office@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-03-01, 1397/12/10

Expected recruitment end date

2019-06-15, 1398/03/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing effectiveness of anger management skills training on the anger of people living with HIV Referring

to Referral behavioral diseases counseling center
affiliated with Kerman University of Medical Sciences
Reference

Public title

The Effectiveness of Anger Management Skills Training
on Anger among HIV Patients Referring to Behavioral
Disease Counseling Center

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

HIV Patients Referring to Kerman Clinical Reference
Center for Cognitive Behavioral Diseases

Exclusion criteria:

No psychological intervention

Age

From **18 years** old to **63 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Simple randomization. A random sequence is used after
using the convenience sampling method. The
questionnaire is filled for all referring people on different
days of the week until completion the sample size. Then
we name the groups A and B, then we put a
questionnaire in group A and one in the group B. Hiding
random assignment: In this method, without knowing the
names of the two groups, after the people have been
assigned to both groups, one group is called intervention
and the other is called control.

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

Kerman University of Medical Sciences

Street address

West Motahari avenue, Kerman, opposite the Alley
No. 25 Reference Center for Counseling for Behavioral

Illnesses

City

Kerman

Province

Kerman

Postal code

7617667338

Approval date

2018-12-10, 1397/09/19

Ethics committee reference number

IR.KMU.REC.1397.345

Health conditions studied

1

Description of health condition studied

anger management in people with HIV

ICD-10 code

B20

ICD-10 code description

Primary outcomes

1

Description

The percentage of people with anger score greater than
75 in the Spielberger questionnaire

Timepoint

Evaluation of the effect of training anger skills one month
after intervention

Method of measurement

Spielberger's Rage Inventory is an instrument for
measuring anger

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: 30 HIV-infected
people who are selected by simple random method,
learn the skills of anger control in four sessions

Category

Rehabilitation

2

Description

Control group: Thirty people with HIV do not receive any
interventions.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman Counseling Center for Behavioral Patients
Reference

Full name of responsible person

Mehri Lotfalizadeh

Street address

West Motahari avenue, Kerman, opposite the Alley
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Email

mh.lotfalizadeh@yahoo.com

Web page address

https://fa.irct.ir/user/trial/35135/update/recruitment_center

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Mehri Lotfalizadeh

Street address

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Web page address

<https://fa.irct.ir/user/trial/35135/update/sponsor>

Grant name

no

Grant code / Reference number**Is the source of funding the same sponsor organization/entity?**

No

Title of funding source

Kerman 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**

Kerman University of Medical Sciences

Full name of responsible person

Mehri Lotfali Zadeh

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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https://fa.irct.ir/user/trial/35135/update/public_queries_contact

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Kerman University of Medical Sciences

Full name of responsible person

Mehri Lotfali Zadeh

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for updating data

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Mehri Lotfalizadeh

Position

Nurse

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Web page address

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contact

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

No more information

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is 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

Title and more details about the data/document

Data that reduces anger in an infected person will be shared.

When the data will become available and for how long

Starting a year after publishing the results

To whom data/document is available

Only available for people working in academic and academic institutions

Under which criteria data/document could be used

Creating ways to help HIV patients to reduce communication problems can be used as a data article

From where data/document is obtainable

mh.lotfalizadeh@yahoo.com

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

A year after printing, the results are shared via email

Comments