

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

Investigating the effect of Cognitive Behavioral Hypnotherapy on self-esteem and anxiety levels of Midwives

Protocol summary

Study aim

the effect of Cognitive Behavioral Hypnotherapy on the anxiety and self-esteem of Midwives working in Qeshm health centers 2019

Design

The present study is a quasi-experimental study of clinical trial type with intervention and control group and pre-test and post-test. The sample size was 40 (20 cases in the intervention group and 20 in the control group) All midwives working in Qeshm health centers . A targeted sampling method was used. At the beginning of the study, they were randomly divided into control and intervention groups.

Settings and conduct

In the counseling room, a checklist of demographic information, Beck's Anxiety Inventory and self-esteem for the midwives are filled out and hypnosis testing is done and one month after the end of the intervention, anxiety and self-esteem questionnaires are completed

Participants/Inclusion and exclusion criteria

inclusion: perform hypnosis testing The desire to participate in research and therapeutic sessions.The absence of mental illnesses that require immediate treatment No pregnancy . exclusion: Not attending a therapeutic meeting The emergence of severe physical or mental disability that requires treatment

Intervention groups

Intervention group: the intervention is used to train cognitive behavioral hypnotherapy in midwives working in Qeshm health centers weekly in a 90 minutes session for six week in the intervention group. There is no intervention for the control group, and if it is effective after the end of treatment, it is also done for the control group.

Main outcome variables

anxiety/self-esteem

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170611034452N7**

Registration date: **2019-08-26, 1398/06/04**

Registration timing: **registered_while_recruiting**

Last update: **2019-08-26, 1398/06/04**

Update count: **0**

Registration date

2019-08-26, 1398/06/04

Registrant information

Name

Atefeh Ahmadi

Name of organization / entity

Kerman University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5205

Email address

a.ahmadi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-07-31, 1398/05/09

Expected recruitment end date

2019-09-22, 1398/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of Cognitive Behavioral Hypnotherapy on self-esteem and anxiety levels of Midwives

Public title

Investigating the effect of Cognitive Behavioral Hypnotherapy on self-esteem and anxiety levels of Midwives

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

perform hypnosis testing The desire to participate in research and therapeutic sessions The absence of mental illnesses that require immediate treatment No pregnancy

Exclusion criteria:

Not attending a therapeutic meeting The emergence of severe physical or mental disability that requires treatment

Age

No age limit

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **40**

More than 1 sample in each individual

Number of samples in each individual: **20**

The total number of samples are 40

Randomization (investigator's opinion)

Randomized

Randomization description

All midwives working in health centers who are 40 and have inclusion criteria were selected by total population sampling. Then, by using not blinded simple individual random sampling they will be divided into two groups of control and intervention by random numbers table. 20 midwives will be in each group. The analysis results will be analyzed using SPSS 16.

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 kerman university of medical sciences and health services

Street address

kerman - first of haft bagh alavi - pardis of kerman university of medical sciences

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2019-05-06, 1398/02/16

Ethics committee reference number

IR.KMU.REC.1398.075

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

anxiety

ICD-10 code

F41.9

ICD-10 code description

Anxiety disorder, unspecified

2**Description of health condition studied**

self - esteem

ICD-10 code

F88

ICD-10 code description

Other disorders of psychological development

Primary outcomes**1****Description**

anxiety

Timepoint

before and after the intervention

Method of measurement

beck anxiety questionnaire

2**Description**

self-esteem

Timepoint

before and after the intervention

Method of measurement

Rosenberg self-esteem questionnaire

3**Description**

organizational self-esteem

Timepoint

before and after the intervention
Method of measurement
Organizational based self esteem

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: the intervention is used to train cognitive behavioral hypnotherapy in midwives working in Qeshm health centers weekly in a 90 minutes session for six week in the intervention group.

Category

Other

2

Description

Control group: The control group did not receive any intervention.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Qeshm city health network

Full name of responsible person

Dr Seyyed Mehdi Hoseinifard

Street address

Qeshm - Next to Mohammadi High School - opposite Diplomat Hotel - Health Network

City

Qeshm

Province

Hormozgan

Postal code

7951199145

Phone

+98 76 3522 2618

Fax

+98 76 3522 2760

Email

QeshmHealth@yahoo.com

Web page address

<https://www.hums.ac.ir/>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Dr. Abbas Pardakhty

Street address

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Email

research_office@kmu.ac.ir

Web page address

<http://kmu.ac.ir/fa/vcrt>

Grant name

Kerman university of medical science

Grant code / Reference number

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

Yes

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

Atefeh Ahmadi

Position

Assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is 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

Yes - There is 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

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

Data Dictionary

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

Title and more details about the data/document

Data on the main research consequences after the completion of research work is available

When the data will become available and for how long

Start accessing the data immediately after printing the results.

To whom data/document is available

Researchers in academia and academia are able to access research data.

Under which criteria data/document could be used

Use of data is permitted for use in supplementary research.

From where data/document is obtainable

The applicant can contact the researcher to receive information via email. atefeahmadi59@gmail.com
effat.kargar@yahoo.com

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

After submitting a written request from the applicant, the data will be provided to him as soon as possible.

Comments