

# 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

Kerman-first element of the Haft Bagh Allavi - Pardis of Kerman Un

#### City

Kerman

#### Province

Kerman

#### Postal code

7616913555

#### Phone

+98 34 3226 3719

#### 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

##### Street address

Kerman, Haft Bagh Alavi

##### City

Kerman

##### Province

Kerman

##### Postal code

7616913555

##### Phone

+98 34 3132 5205

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+98 34 3132 5218

**Email**

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Kerman University of Medical Sciences

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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**