# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

10 Jun 2026

## The Effect of Cognitive rehearsal Program on Horizontal Violence in Nurses Working in Psychiatric Hospital

## Protocol summary

**Study aim**
The Effect of Cognitive rehearsal Program on Horizontal Violence in Nurses Working in Psychiatric Hospital

**Design**
Randomized clinical trial with single-blind control group

**Settings and conduct**
74 nurses of psychiatric hospital Using the random number table divided into control and experimental groups. Then, the informed consent form was given to the nurses for consent to participate in the study, and the demographic data collection form was given to the control group at one time and the Horizontal Violence Questionnaire form at two times (4-6) weeks apart. Then the training was held in four sessions, one day a week and two hours each day for the test group. After the post-test sessions, 4-6 weeks after the workshop, the questionnaire was completed by the experimental group.At the end of the intervention, the pamphlet control group was trained to apply ethics.

**Participants/Inclusion and exclusion criteria**
Participants: Roozbeh Psychiatric Hospital Nurses Entry requirements for being a Nursing and Undergraduate with at least one year of work experience and non-entry paramedic and nurse aid and lack of satisfaction on inclusion

**Intervention groups**
The intervention group was trained in the cognitive rehearsal program, one of the techniques of cognitive-behavioral therapy. Then they are introduced to 10 types of horizontal violence and common responses to it and use the Cognitive rehearsal Program to practice and learn common responses to each type of horizontal violence. The control group was trained after completing the research and the educational pamphlet was delivered to them.

**Main outcome variables**
Horizontal violence among nurses; Physical and psychological effects of violence on nurses; Patient care process; Possible costs of moving to an organization; Occupational safety for the nurse

## General information

**Reason for update**

**Acronym**

**IRCT registration information**
IRCT registration number: **IRCT20191003044973N1**
Registration date: **2019-11-07, 1398/08/16**
Registration timing: **retrospective**

Last update: **2019-11-07, 1398/08/16**
Update count: **0**

**Registration date**
2019-11-07, 1398/08/16

**Registrant information**

**Name**
ayoob ayar

**Name of organization / entity**

**Country**
Iran (Islamic Republic of)

**Phone**
+98 56 3282 2107

**Email address**
n90.a.ayar@gmail.com

**Recruitment status**
**Recruitment complete**

**Funding source**

**Expected recruitment start date**
2018-11-22, 1397/09/01

**Expected recruitment end date**
2018-12-22, 1397/10/01

**Actual recruitment start date**
2018-12-22, 1397/10/01

**Actual recruitment end date**
2019-01-21, 1397/11/01

**Trial completion date**

2019-07-23, 1398/05/01

**Scientific title**
The Effect of Cognitive rehearsal Program on Horizontal Violence in Nurses Working in Psychiatric Hospital

**Public title**
The effect of cognitive rehearsal on horizontal violence

**Purpose**
Education/Guidance

**Inclusion/Exclusion criteria**

**Inclusion criteria:**
Obtaining at least a bachelor's and master's degree Having at least one year of work experience Do not pass this course or similar courses(such as Cognitive Behavioral Therapy)

**Exclusion criteria:**
Not attending a training session Leave or transfer to another hospital Facing a crisis such as divorce or the death of loved ones

**Age**
No age limit

**Gender**
Both

**Phase**
3

**Groups that have been masked**

- Outcome assessor
- Data analyser

**Sample size**
Target sample size: **74**
Actual sample size reached: **74**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**
A list of qualified nurses was prepared using a random number table, 74 were randomly selected. Then random number table was used again to allocate samples in two groups.Thus, a one-digit number was chosen at random if the selected digit was even, the first person in the test group, and if the individual was in the control group, and the second person in the opposite group. Then for the next two people the list was followed by the above method and this continued to the end.

**Blinding (investigator's opinion)**
Double blinded

**Blinding description**
After obtaining informed consent and explaining to them that each of them will be randomly assigned to one of the intervention and control groups, the nurses were randomly divided into two groups of intervention and control. The study did not know which target group they were in. The analyzer also did not know how the groups were studied. After the intervention, the control group was also trained and the intervention group was also given them.

**Placebo**
Not used

**Assignment**
Other

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

**Ethics committee**

**Name of ethics committee**
Ethics committee of Tehran University of Medical Sciences

**Street address**
Gholak.Nohnalan Street. The End Of The Alley Of Leadership. Alley martyr Heidari No. 22

**City**
tehran

**Province**
Tehran

**Postal code**
1916685640

**Approval date**
2018-12-19, 1397/09/28

**Ethics committee reference number**
IR.TUMS.FNM.REC.1397.174

## Health conditions studied

### 1

**Description of health condition studied**
horizontal violence

**ICD-10 code**

**ICD-10 code description**

## Primary outcomes

### 1

**Description**
Percentage of people with high levels of horizontal violence

**Timepoint**
At baseline (before intervention) and 85 days after cognitive training

**Method of measurement**
Dumont Horizontal Violence Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

**Description**
Intervention group: Nurses were informed about their consent to participate in the study, and demographic data were collected at one time and Horizontal Violence Questionnaire form twice, pre-test and (4-6) weeks after the post-test. The control group was given control. The

experimental group completed the demographic questionnaire and the dumont horizontal Violence Questionnaire. Then, the training was held in four sessions, one day a week, two hours a day for the test group. After the post-test sessions were completed 4-6 weeks after the workshop (to make a sufficient gap between the training of nurses and the impact of the training on them) and then the questionnaire by The experimental group was completed to determine the effect of cognitive rehearsal on horizontal violence at work in the experimental group, before and after the intervention. Pre-test and post-test were performed in the control group before the intervention and in the intervention group, to prevent the relationship between the experimental and control groups. The 4–6-week interval mentioned earlier was the same in both groups. At the end of the intervention, pamphlet control group was trained for ethics intervention.

**Category**

Behavior

**2**

**Description**

Control group: Compared to the intervention group, they did not receive any training during the intervention group.

**Category**

Behavior

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

Roozbeh Hospital

**Full name of responsible person**

Ayoob Ayar

**Street address**

No.22, Shahid Heidari Alley., Azad manjiri alley.,,Nonahalan Ave.

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## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Tehran University of Medical Sciences

**Full name of responsible person**

Doctor Taraneh Taqavi

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Nosrat st. Tohid sq. Tehran I.IRAN 141973317

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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**

Tehran 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**

Tehran University of Medical Sciences

**Full name of responsible person**

Ayoob Ayar

**Position**

Masters Student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Nursery

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## Person responsible for updating data

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## 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**
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**
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