

Clinical Trial Protocol

Iranian Registry of Clinical Trials

05 Aug 2026

The Effectiveness of Short-Term Psychodynamic therapy on Job Stress Coping Strategies, Health-Related Quality of Life, and Self-efficacy of Islamic Republic of Iran Air Traffic Control Staff.

Protocol summary

Study aim

The Effectiveness of Short-Term Psychoanalysis on Job Stress Coping Strategies, Health-Related Quality of Life, and Self-efficacy of Air Traffic Control Staff in the Islamic Republic of Iran.

Design

This will be a study with a pretest-posttest design. To accomplish this, burnout questionnaires will be provided, in the first phase, to flight control controllers who employ approximately 200 people at the control center, 60 at Mehrabad Airport, and employed. Interviews will be selected for the test if it is significant that they have burnout in two groups of 15 experiment and control.

Settings and conduct

The statistical population of the study consisted of all air traffic control personnel, total of 260 staff working in Mehrabad International Airport Flight Control Tower and Tehran Air Traffic Control Center. Mehrabad is in a leak and takeoff, and the staff at the Air Traffic Control Center oversees all flights crossing the country, as well as all operational flights in the country.

Participants/Inclusion and exclusion criteria

Working in the air traffic control section of Iran Airports & Navigation Company

Intervention groups

The two experimental and control groups will be randomly selected 15 individuals each, The efficacy of short-term psychosis will be used in the intervention group. The pivotal and short-term psychotherapy approaches are based on the type of therapeutic relationship and the nature of the disclosure. The control group will be evaluated without the short-term psychotherapy treatment provided in the timing provided.

Main outcome variables

Applying research results to promote health, quality of life and self-efficacy of employees in the aeronautical

industry and increase flight safety in the military and civilian fields.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200221046570N1**

Registration date: **2020-04-08, 1399/01/20**

Registration timing: **registered_while_recruiting**

Last update: **2020-04-08, 1399/01/20**

Update count: **0**

Registration date

2020-04-08, 1399/01/20

Registrant information

Name

Hadi Pakdel

Name of organization / entity

Country

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-19, 1398/11/30

Expected recruitment end date

2020-09-20, 1399/06/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
The Effectiveness of Short-Term Psychodynamic therapy on Job Stress Coping Strategies, Health-Related Quality of Life, and Self-efficacy of Islamic Republic of Iran Air Traffic Control Staff.

Public title
Burnout

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Having clinical and psychological symptoms of burnout
Exclusion criteria:
Not working in air traffic control

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
Thirty people will be selected based on the scores of burnout from the statistical population of 260 persons, so that burnout questionnaire will be distributed among 260 people and 30 participants whose job burnout scores are significant by creating random sequence with throwing. Block randomization will be carried out in two equal groups of 15 people using sealed envelopes of 30 persons. The process of concealment will be carried out in two groups of control and 15 people with random allocation process.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
does not have

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee

Ethics committee of Hormozgan University of Medical Sciences

Street address
Hormozgan University of Medical Sciences, Shahid Chamran Boulevard, Bandar Abbas, Iran

City
Bandarabas

Province
Hormozgan

Postal code
5719198853

Approval date
2019-12-06, 1398/09/15

Ethics committee reference number
IR.HUMS.REC.1398.333

Health conditions studied

1

Description of health condition studied

Burnout

ICD-10 code

Burnout

ICD-10 code description

Burnout

Primary outcomes

1

Description

Burnout rate

Timepoint

before intervention and two weeks after intervention.

Method of measurement

Through the questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Group of 15 selected for treatment, The treatment is a short-lived intensive-care psychotherapy provided by an Iranian-Canadian Habib Devanlu. And for the past forty years, it has been formulated and focused on the complete liberation of the patient from symptom disorders as well as multidimensional structural changes of character. The pivotal and short-term goals of psychotherapy are based on the type of therapeutic relationship and the nature of the disclosure. This treatment is based on a single interview session during a single interview session and according to the schedule of psychotherapy sessions and the content of the sessions in accordance with the short-term psychotherapy guideline, namely the seven stages of questions about problems, pressure, challenge,

transient resistance, Direct access to non-compliant, and in accordance with the Psychiatry Handbook of Dynamic Psychiatry (1995) will be administered twice a week for the experimental group in 20 sessions.

Category

Behavior

2**Description**

Control group: Group of 15 people who will not receive any treatment.

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Taban Clinic

Full name of responsible person

Hadi Pakdel

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West Town, Shahid Dadman Boulevard, Northern Tree Boulevard, No. 100 Taban Clinic

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

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Full name of responsible person

Hasan Ahadi

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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

Islamic Azad University

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**

Islamic Azad University

Full name of responsible person

Hadi Pakdel

Position

PhD student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Latest degree
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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

The population of the company is related to the Iranian
Airports and Navigation Company and the publication is
at the Company's discretion.

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not 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