Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the effectiveness of psychological interventions on mental health of Kerman University of Medical Sciences's mental health in hospitals and reference clinics

Protocol summary

Study aim

Determine the effectiveness of psychological interventions on Mental health of health personnel working in hospitals and clinics of KMU During the period of the corona virus outbreak

Design

an empirical intervention based educational research, With pre-test and post-test of control and intervention groups, Simple randomization with sample size of 60 people

Settings and conduct

The present study is an empirically based educational intervention with a pretest-posttest and intervention and control group design which will be done after approval of the code of ethics by Kerman University of Medical Sciences. Then, the questionnaire link will be posted on the college website to gain statistical population. The public relations department of the University will call for the health care staff under the supervision of Kerman University of Medical Sciences to answer this questionnaire and those who are hospitalized or depressed based on their scores and would like to participate in the study. They were randomly divided into intervention and control groups and entered the study. The intervention group will be comprised of a psychological counseling program consisting of 10 daily sessions through virtual networks such as WhatsApp or Skype for 30 to 45 minutes individually. The post-test will be given to the two groups after the training sessions.

Participants/Inclusion and exclusion criteria

Inclusion criteria :Satisfaction to participate in the study, Health or medical staff at Corona Screening Reference Clinics, No Coronavirus Disease now. Exclusion criteria :Do not attend two or more counseling sessions.

Intervention groups

Intervention group: Psychological counseling program consisting of 10 daily virtual sessions through virtual networks such as WhatsApp or Skype For 30 to 45 minutes. Control group: There is no intervention.

Main outcome variables

Anxiety, depression

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20170611034452N11**
Registration date: **2020-03-31, 1399/01/12**
Registration timing: **registered_while_recruiting**

Last update: **2020-03-31, 1399/01/12**
Update count: **0**

Registration date

2020-03-31, 1399/01/12

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

2020-03-30, 1399/01/11

Expected recruitment end date

2020-04-08, 1399/01/20

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the effectiveness of psychological interventions on mental health of Kerman University of Medical Sciences's mental health in hospitals and reference clinics

Public title
Investigating the effectiveness of psychological interventions on mental health
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Satisfaction to participate in the study Health or medical staff at Corona Screening Reference Clinics No Coronavirus Disease At the moment
Exclusion criteria:
Age
No age limit
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
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
Pardis of Kerman University, First element of the Haft Bagh Allavi, Kerman
City
Kerman
Province
Kerman
Postal code
7616913555
Approval date
2021-03-18, 1399/12/28
Ethics committee reference number
IR.KMU.REC.1398.737

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
Coronavirus disease (COVID-19)
ICD-10 code
B34.2
ICD-10 code description
Coronavirus infection, unspecified

Primary outcomes

1

Description
Anxiety,
Timepoint
Before the intervention, immediately after the intervention
Method of measurement
Health Anxiety Assessment Questionnaire

2

Description
Depression
Timepoint
Before the intervention, immediately after the intervention
Method of measurement
Hospital Anxiety-Depression Index Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group:Intervention is used to Psychological counseling program consisting of 10 daily virtual sessions through virtual networks such as WhatsApp or Skype For 30 to 45 minutes

Category

Lifestyle

2

Description

Control group: There is no intervention for the control group

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman hospitals and Clinics

Full name of responsible person

Masoome Ghazanfarpur

Street address

Pardis of Kerman University, First element of the Haft Bagh Allavi, Kerman

City

Kerman

Province

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Postal code

7616913555

Phone

+98 34 3132 5700

Email

a.ahmadi@kmu.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Firoozeh Mirzaee

Street address

Pardis of Kerman University, First element of the Haft Bagh Allavi, Kerman

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76169-13555

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+98 34 3226 3815

Email

kmu_research@yahoo.co

Grant name

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

50

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

Proffessor asistant

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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Email

a.ahmadi@kmu.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Atefeh Ahmadi

Position

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Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Atefeh Ahmadi

Position

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Latest degree

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Other areas of specialty/work

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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

There is no further information

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