

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 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**

Masoom Ghazanfarpur

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**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

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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**

Proffessor asistant

**Latest degree**

Ph.D.

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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**  
Professor assistant  
**Latest degree**  
Ph.D.  
**Other areas of specialty/work**  
Psychology  
**Street address**  
Pardis of Kerman University, First element of the Haft  
Bagh Allavi, Kerman  
**City**

## 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