

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

Street address

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

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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

Street address

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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.

Other areas of specialty/work

Psychology

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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 asistant
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