

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 2026

The Effectiveness of Self-Healing Training (the Healing Codes) on Pain-Related Anxiety and the Severity of Perceived Pain in Patients with Migraine

Protocol summary

Study aim

The aim of this study was to investigate the effectiveness of self-healing training in pain-related anxiety and the severity of perceived pain in patients suffering from migraine.

Design

In this research a total number of 60 patients were selected as sample according to convenience sampling and based on inclusion and exclusion criteria. They were divided into two experimental and control groups (n=30 per group) through random assignment.

Settings and conduct

Fourteen sessions of self-healing training (once a week and in 90 minutes)

Participants/Inclusion and exclusion criteria

In this research a total number of 60 patients were selected as sample according to convenience sampling and based on inclusion and exclusion criteria. They were divided into two experimental and control groups (n=30 per group) through random assignment. The inclusion criteria were: having the symptoms of migraine for 3 years confirmed through the clinical interview by the clinical specialist, being at the age group between 20 to 40, not having received simultaneous psychological therapies, having finished at least guidance school, and filling out the consent form indicating the knowingly participation. The exclusion criteria were non-cooperation and avoiding doing the presented tasks in sessions, being absent from more than two sessions, suffering from acute or chronic psychological disorders

Intervention groups

The experimental group received fourteen sessions of self-healing training (once a week and in 90 minutes).

Main outcome variables

Pain-Related Anxiety and the Severity of Perceived Pain in Patients with Migraine

General information

Reason for update

Acronym

Self-Healing

IRCT registration information

IRCT registration number: **IRCT20200529047592N1**

Registration date: **2020-06-05, 1399/03/16**

Registration timing: **retrospective**

Last update: **2020-06-05, 1399/03/16**

Update count: **0**

Registration date

2020-06-05, 1399/03/16

Registrant information

Name

Zohreh Latifi

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-06-22, 1398/04/01

Expected recruitment end date

2019-07-06, 1398/04/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of Self-Healing Training (the Healing Codes) on Pain-Related Anxiety and the Severity of Perceived Pain in Patients with Migraine

Public title

The Effectiveness of Self-Healing Training in Patients with Migraine

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Having the symptoms of migraine for 3 years confirmed through the clinical interview Being at the age group between 20 to 40 Not having received simultaneous psychological therapies Having finished at least guidance school

Exclusion criteria:

Non-cooperation and avoiding doing the presented tasks in sessions Being absent from more than two sessions Suffering from acute or chronic psychological disorders

Age

From **20 years** old to **40 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

In this research a total number of 60 patients were selected as sample according to convenience sampling and based on inclusion and exclusion criteria. They were divided into two experimental and control groups (n=30 per group) through random assignment.

Blinding (investigator's opinion)

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

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Approval date

2019-06-19, 1398/03/29

Ethics committee reference number

IR.PNU.REC.1398.073

Health conditions studied**1****Description of health condition studied**

Migraine

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Training based on therapeutic approach of self-healing had a significant effect on the pain related anxiety and the dimension of severity of perceived pain by the participants of experimental group in post-test and follow-up.

Timepoint

The follow-up was performed after 60 days

Method of measurement

Post-test and follow-up

Secondary outcomes

empty

Intervention groups**1****Description**

Intervention group: ðlf-healing training

Category

Behavior

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

Isfahan Shahid Sadoughi Hospital

Full name of responsible person

Nasrin Shahbazi

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Sponsors / Funding sources

1

Sponsor

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Researcher
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Persons

Person responsible for general inquiries

Contact

Name of organization / entity
Payame Noor University
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Person responsible for updating data

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

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

Yes - There is a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

The data is provided to organizations and researchers only at the official request.

When the data will become available and for how long

The data is provided to organizations and researchers only at the official request.

To whom data/document is available

The data is provided to organizations and researchers only at the official request.

Under which criteria data/document could be used

The data is provided to organizations and researchers only at the official request.

From where data/document is obtainable

The data is provided to organizations and researchers only at the official request.

What processes are involved for a request to access data/document

The data is provided to organizations and researchers only at the official request.

Comments