# Clinical Trial Protocol
# Iranian Registry of Clinical Trials

08 Nov 2026

## The Effect of Educational Program Based on BASNEF Model on behavioral methods of stress management in patients with multiple sclerosis

## Protocol summary


**Summary**

Stress management is needed in patients with Ms, because stress increases the likelihood of relapse. The purpose of this study is to investigate the effect of educational program based on BASNEF model on behavioral methods of stress management in patients with multiple sclerosis. Present research is a parallel group controlled trial. In this research 100 patients with Multiple sclerosis from Sina and Shariati hospitals are chosen and randomly allocated into the two groups of intervention and control. The instruments for data collecting are a questionnaire based on the BASNEF Model, a check list related to patient practice on the basis of self reporting. Then an educational program are designed and executed on Basnef model in the experimental group for a period of one month. The control group did not receive the education. Model ingredients such as attitude, subjective norms, enabling factors, intention, and behavior are conducted after one month in both groups. Inclusion criteria: proven MS disease, those who fully complete the questionnaires and participate in the educational sessions, those who do not have anxiety and depression. Exclusion criteria: having acute diseases. Patients in the intervention group will participate in 3 educational sessions during a one month period. Behavioural methods of stress management will be taught according to group and individual sessions in the intevention group. Educational items of stress management have been obtained from national Ms Society and have been translated. Educational booklet and a CD named “RAZ” will be given to the participants.


## General information

**Acronym**

**IRCT registration information**

IRCT registration number: **IRCT201011154570N2**
Registration date: **2010-12-09, 1389/09/18**
Registration timing: **retrospective**
Last update:
Update count: **0**

**Registration date**

2010-12-09, 1389/09/18

**Registrant information**

**Name**

Farbod Ebadi

**Name of organization / entity**

Faculty of public health, Iran university of medical sciences

**Country**

Iran (Islamic Republic of)

**Phone**

+98 21 8805 8691

**Email address**

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**Recruitment status**

**Recruitment complete**

**Funding source**

vice-chancellor for research; Tehran (iran) university of medical science

**Expected recruitment start date**

2010-04-10, 1389/01/21

**Expected recruitment end date**

2010-06-24, 1389/04/03

**Actual recruitment start date**

empty

**Actual recruitment end date**

empty

**Trial completion date**

empty

**Scientific title**

The Effect of Educational Program Based on BASNEF Model on behavioral methods of stress management in patients with multiple sclerosis

**Public title**

The Effect of Educational Program Based on BASNEF

Model on behavioral methods of stress management in patients with multiple sclerosis

**Purpose**
Prevention

**Inclusion/Exclusion criteria**
Inclusion criteria: proven MS disease, those who fully complete the questionnaires and participate in the educational sessions, those who do not have anxiety and depression. Exclusion criteria: having acute diseases

**Age**
From **15 years** old to **50 years** old

**Gender**
Both

**Phase**
N/A

**Groups that have been masked**
*No information*

**Sample size**
Target sample size: **100**

**Randomization (investigator's opinion)**
Randomized

**Randomization description**

**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**
Tehran(iran) University of Medical Sciences and health services

**Street address**
Iran University of Medical Science; hemmat exp.way

**City**
tehran

**Postal code**

**Approval date**
2010-03-21, 1389/01/01

**Ethics committee reference number**
5/446د/26/پ

## Health conditions studied

### 1

**Description of health condition studied**
patients with multiple sclerosis

**ICD-10 code**
G35

**ICD-10 code description**
G35; Multiple sclerosis

## Primary outcomes

### 1

**Description**
attitude

**Timepoint**
Before the intervention and one month after intervention

**Method of measurement**
questionnaire

## Secondary outcomes

### 1

**Description**
Subjective Norms

**Timepoint**
before the intervention and one month after intervention

**Method of measurement**
questionnaire

### 2

**Description**
Enabling Factors

**Timepoint**
before the intervention and one month after intervention

**Method of measurement**
questionnaire

### 3

**Description**
intention

**Timepoint**
before the intervention and one month after intervention

**Method of measurement**
questionnaire

### 4

**Description**
behavior

**Timepoint**
before the intervention and one month after intervention

**Method of measurement**
questionnaire

## Intervention groups

### 1

**Description**
Patients in the intervention group will participate in 3 educational sessions during a one month period. Behavioural methods of stress management will be taught according to group and individual sessions in the intevention group. Educational items of stress

management have been obtained from national Ms Society and have been translated. Educational booklet and a CD named “RAZ” will be given to the participants.

**Category**

Prevention

**2**

**Description**

The control group did not receive the education program

**Category**

N/A

## Recruitment centers

**1**

**Recruitment center**

**Name of recruitment center**

sina and Shariati hospital

**Full name of responsible person**

Faride Gldoost Marandy , Master of health education; Tehran university of medical science.

**Street address**

3044-blok 5-phaz 2-Shahrak Ekbatan

**City**

Tehran

## Sponsors / Funding sources

**1**

**Sponsor**

**Name of organization / entity**

Vice-chancellor for research; Tehran(iran) University of Medical Sciences

**Full name of responsible person**

Roghaye malmir

**Street address**

Iran University of Medical Sciences; Hemmat exp.way

**City**

Tehran

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice-chancellor for research; Tehran(iran) University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

*empty*

**Domestic or foreign origin**

*empty*

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

*empty*

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Tehran(iran) University of Medical Sciences and health services

**Full name of responsible person**

Farbod Ebadi fard azar

**Position**

PHD_professor

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## Person responsible for scientific inquiries

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**Full name of responsible person**

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**Position**

Ms student

**Other areas of specialty/work**

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## Person responsible for updating data

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**Position**

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**Other areas of specialty/work**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**
*empty*
**Study Protocol**
*empty*
**Statistical Analysis Plan**
*empty*
**Informed Consent Form**
*empty*
**Clinical Study Report**
*empty*
**Analytic Code**
*empty*
**Data Dictionary**
*empty*