

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 intervention 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

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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 intervention 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

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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

Other areas of specialty/work

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Full name of responsible person

Faride Gldoost Marandy

Position

Ms student

Other areas of specialty/work

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Person responsible for updating data

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Full name of responsible person

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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