Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Study of the effect of Echium Amoenum on controlling Students' Anger

Protocol summary

Study aim
Determination and comparison of students' angre in the case and control group before and after using the Echium Amoenum
Design
A clinical trial with a control group,randomization
Settings and conduct
The researcher, after the official permission of the Islamic Azad University of Kerman Branch, conducted a preliminary interview with nursing students in accordance with ethical standards and according to pre-determined criteria, and explained the purpose of the research to them. Then anger questionnaire was completed by them. For those who scored below the average level, they were asked to complete the written consent form, then randomly divided into two groups.
Participants/Inclusion and exclusion criteria
The disease has no physical history. Desire to collaborate on research Do not have a history of acute and chronic mental and psychological problems. Have not participated in another research No history of drug use The absence of a specific patient in the family No divorce or death of family members Non-arrival conditions: Taking any medication pregnancy
Intervention groups
Intervention group:Pour 1 g of Echium amoenum powdered in 250 cc of boiling water and use after 10 minutes of oral and daily doses were taken for four weeks. control group:Does not receive anything.
Main outcome variables
Anger

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20130615013677N4**
Registration date: **2020-09-22, 1399/07/01**
Registration timing: **retrospective**
Last update: **2020-09-22, 1399/07/01**
Update count: **0**
Registration date
2020-09-22, 1399/07/01

Registrant information
Name
Somayeh Soltani Nejad
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
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Email address
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2019-05-22, 1398/03/01
Expected recruitment end date
2019-08-23, 1398/06/01
Actual recruitment start date
2019-05-22, 1398/03/01
Actual recruitment end date
2019-08-23, 1398/06/01
Trial completion date
2019-08-23, 1398/06/01

Scientific title
Study of the effect of Echium Amoenum on controlling Students' Anger

Public title
Effect of Echium amoenum on anxiety
Purpose
Treatment
Inclusion/Exclusion criteria
Inclusion criteria:
The disease has no physical history Desire to collaborate on research Do not have a history of acute and chronic

mental and psychological problems. Have not participated in another research No history of drug use The absence of a specific patient in the family No divorce or death of family members

Exclusion criteria:

Pregnancy Taking any medication

Age

From **19 years** old to **25 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **40**

Actual sample size reached: **40**

Randomization (investigator's opinion)

Randomized

Randomization description

In this part, a simple randomization method was used. Randomization was individual and the lottery tool was used

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

Street address

Kerman University of Medical Sciences,Medical University Campus,Haft-Bagh Highway, Kerman

City

Kerman

Province

Kerman

Postal code

7616913555

Approval date

2019-03-11, 1397/12/20

Ethics committee reference number

IR.KMU.REC.1397.549

Health conditions studied

1

Description of health condition studied

Anger

ICD-10 code

R45.4

ICD-10 code description

Irritability and anger

Primary outcomes

1

Description

Anger

Timepoint

Before the intervention and one month later

Method of measurement

STAXI-2 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The consumption of Echium amoenum was carried out in such a way that one gram of powdered Echium amoenum powder was poured into 250 cc of boiling water and after 10 minutes, the beverage was consumed orally each day for one month. At the end of the first, second and third weeks, the samples were evaluated to ensure proper use of Echium amoenum, and at the end of the fourth week, the second test was re-tested, both in the two stages of the scoring method. In the control group, the interval between two tests was one month.

Category

Other

2

Description

Control group: The subjects first completed the questionnaire and were followed by a researcher to avoid any physical or mental problems. After a month, they completed the questionnaire again.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Islamic Azad University Kerman

Full name of responsible person

Somayeh soltaninejad

Street address
Islamic Azad University Kerman Branch University Blvd, Emam Ali, Kerman, Iran
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Islamic Azad University
Full name of responsible person
Maryam Kazemi
Street address
Islamic Azad University Kerman Branch University Blvd, Emam Ali, Kerman, Iran
City
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Postal code
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Phone
+98 34 3321 0043
Email
soltaninejad@yahoo.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University
Proportion provided by this source
10
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
Islamic Azad University
Full name of responsible person
Somayeh Soltaninejad
Position
Instructor
Latest degree
Master
Other areas of specialty/work
Nursery
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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
Yes - There is a plan to make this available
Statistical Analysis Plan
Yes - There is a plan to make this available
Informed Consent Form
Yes - There is a plan to make this available
Clinical Study Report
Yes - There is a plan to make this available
Analytic Code
Yes - There is a plan to make this available
Data Dictionary
Yes - There is a plan to make this available
Title and more details about the data/document
Information about the outcome of the research
When the data will become available and for how long
Start access after printing the article
To whom data/document is available
researchers، Participants in research
Under which criteria data/document could be used
The requesting person is allowed to use the research results, the resources used, the questionnaires.
From where data/document is obtainable
somayeh soltaninejad soltaninejad@yahoo.com
What processes are involved for a request to access data/document
After sending an email, it will take less than a week to reach the individual
Comments