

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jul 2026

### The effect of applying emotional intelligence components on coping strategies in adolescents with $\beta$ -thalassemia major

#### Protocol summary

##### Study aim

TO determine the effect of applying emotional intelligence components on coping strategies in adolescents with beta-thalassemia major

##### Design

A clinical trial, with control group and intervention, not randomized trial based on Even and odd days, 70 adolescents with beta-thalassemia major, not blinded

##### Settings and conduct

The research unit was thalassemia polyclinic of Mashhad (sarvar). It is a non-randomized trial based on even and odd days. Intervention group divided into groups of 3 to 5 people. There are 9 sessions of 90 minutes which were held twice a week. The sessions are in-person and virtual training in applying emotional intelligence components by the Bar-on method. Before, immediately and one month after the intervention, the tools will be filled.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: having the satisfaction to participate in the study, suffering from beta thalassemia major, age 12 to 18 years, minimum level of education at primary level, living with parents. Exclusion criteria: doing complementary therapies (acupuncture and yoga, etc.), passing similar courses on emotional intelligence, suffering from other known chronic physical and mental illness

##### Intervention groups

Control: receiving routine care. Intervention: in addition to routine care, they take part in applying emotional intelligence components classes

##### Main outcome variables

Coping strategy includes: problem-solving, cognitive evaluation, social support, emotional inhibition, Somatic inhibition

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20210521051356N1**

Registration date: **2021-06-17, 1400/03/27**

Registration timing: **prospective**

Last update: **2021-06-17, 1400/03/27**

Update count: **0**

#### Registration date

2021-06-17, 1400/03/27

#### Registrant information

##### Name

Bahareh Ahmadian

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 51 3662 8916

##### Email address

ahmadianb981@mums.ac.ir

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2021-06-21, 1400/03/31

#### Expected recruitment end date

2021-09-21, 1400/06/30

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

The effect of applying emotional intelligence components on coping strategies in adolescents with  $\beta$ -thalassemia major

**Public title**

the effect of applying emotional intelligence components on coping strategies

**Purpose**

Supportive

**Inclusion/Exclusion criteria****Inclusion criteria:**

Having the satisfaction to participate in the study  
Suffering from beta thalassemia major Age 12 to 18 years minimum level of education at primary level  
minimum level of education at primary level

**Exclusion criteria:**

Doing complementary therapies (acupuncture and yoga, etc.)  
Passing similar courses on emotional intelligence  
suffering from other known chronic physical and mental illness

**Age**

From **12 years** old to **18 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

*No information*

**Sample size**

Target sample size: **70**

**Randomization (investigator's opinion)**

Not 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**

Ethics committee of Mashhad University of Medical Sciences

**Street address**

School of Nursing and Midwifery, Four- way doctorate, Daneshgah Ave, Mashhad

**City**

Mashhad

**Province**

Razavi Khorasan

**Postal code**

9138813944

**Approval date**

2021-05-17, 1400/02/27

**Ethics committee reference number**

IR.MUMS.NURSE.REC.1400.017

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

B-thalassemia major

**ICD-10 code**

D56.1

**ICD-10 code description**

Beta thalassemia

**Primary outcomes****1****Description**

coping strategy

**Timepoint**

Before - immediately after- a month later

**Method of measurement**

Billings and Moos Coping Strategy questionnaire

**Secondary outcomes**

empty

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

Intervention group: In addition to receive routine care, they take part in applying emotional intelligence components classes for 9 sessions at 90 minutes twice a week using Bar-on method in groups of 3 to 5 people

**Category**

Behavior

**2****Description**

Control group: receive only routine care. After completing the task, the control group will be trained on how to apply emotional intelligence components.

**Category**

Behavior

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

Sarvar thalassemia polyclinic

**Full name of responsible person**

Dr. Monir Ramezani

**Street address**

Sarvar polyclinic., 17 Shahrivar 8 St., 17 Shahrivar Blvd., Mashhad

**City**

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ramezanimn@mums.ac.ir

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Mohsen Tafaghodi  
**Street address**  
School of Nursing and Midwifery, Ibn Sina Street,  
Doctora crossroads, Danshgah street,  
**City**  
Mashhad  
**Province**  
Razavi Khorasan  
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+98 51 3859 7313  
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latifnejadr@mums.ac.ir

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

Mashhad University of Medical Sciences

#### Proportion provided by this source

100

#### 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**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Bahareh Ahmadian

#### Position

Master of student

#### Latest degree

Bachelor

#### Other areas of specialty/work

Nursery

#### Street address

School of Nursing and Midwifery, Ibn Sina Street,  
Doctora crossroads, Danshgah street,

#### City

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#### Province

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#### Postal code

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#### Phone

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#### Email

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## Person responsible for scientific inquiries

#### Contact

#### Name of organization / entity

Mashhad University of Medical Sciences

#### Full name of responsible person

Bahareh Ahmadian

#### Position

Master student

#### Latest degree

Bachelor

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## Person responsible for updating data

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**Email**

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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**

At the end of the work and after publishing the article,  
with permission from the Mashhad School of Nursing and

Midwifery and related professors, information will be  
available in the Central Library of Mashhad School of  
Nursing and Midwifery.

**When the data will become available and for how long**

At the end of the work and after publishing the article,  
with permission from the Mashhad School of Nursing and  
Midwifery and related professors, information will be  
available in the Central Library of Mashhad School of  
Nursing and Midwifery.

**To whom data/document is available**

The data are made available to researchers working in  
academic and scientific institutions.

**Under which criteria data/document could be used**

At the end of the work and after publishing the article,  
with permission from the Mashhad School of Nursing and  
Midwifery and related professors, information will be  
available in the Central Library of Mashhad School of  
Nursing and Midwifery.

**From where data/document is obtainable**

At the end of the work and after publishing the article,  
with permission from the Mashhad School of Nursing and  
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available in the Central Library of Mashhad School of  
Nursing and Midwifery.

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

At the end of the work and after publishing the article,  
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Midwifery and related professors, information will be  
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**Comments**