Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

Design, implementation and evaluation of mental health promotion program based on Lazarus and Folkman theory on stress management in working women with work-life conflict

Protocol summary

Study aim
Promoting the mental health of working women with work-life conflict

Design
The study is a quasi-experimental intervention with two groups of intervention and control without blinding with a sample size of 100 people and the randomization method will be simple.

Settings and conduct
The study population will be women working in two universities in Birjand. A cross-sectional census of all eligible women will be conducted using Carlson's standard work-life balance questionnaire. The person in need of intervention is considered. The two universities will be randomly divided into control and intervention groups. The intervention will be performed according to the model in the intervention group and then, post-test 3 months after the intervention in the intervention and control groups and the results will be analyzed. The control group is compared. The educational content used will be designed according to the key structures of stress and adaptation theories. Content is a combination of organizational and environmental training activities to support the health behaviors of employees and their families. Blindness is not the case in this study.

Participants/Inclusion and exclusion criteria
1- Having at least one year of work experience 2- Being a resident of Birjand 3- Being married and living with a spouse 4- Not being pregnant 5- Ability to express 6- Not passing work-life balance training courses 7- Achieving a score of less than 50% in the work-life conflict questionnaire based on the researchers' decision

Intervention groups
Training sessions in the intervention group and providing an educational booklet to the control group

Main outcome variables
Promoting mental health, learning stress management skills, learning work and life conflict management skills

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210918052508N1**
Registration date: **2021-09-21, 1400/06/30**
Registration timing: **prospective**

Last update: **2021-09-21, 1400/06/30**
Update count: **0**

Registration date
2021-09-21, 1400/06/30

Registrant information

Name
Seyyede fateme Rahimi

Name of organization / entity

Country
Iran (Islamic Republic of)

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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2021-10-21, 1400/07/29

Expected recruitment end date
2021-12-21, 1400/09/30

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Design, implementation and evaluation of mental health promotion program based on Lazarus and Folkman theory on stress management in working women with work-life conflict

Public title
"Stress management intervention in women with work-life conflict"
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
Achieve a score of less than 50% in the Work-Life Conflict Questionnaire Have at least one year of work experience Married and living with a spouse Do not take work-life balance training courses
Exclusion criteria:
Dissatisfaction with participating in the study Lack of cooperation in training sessions Women with a spouse who was suffering from a physical or mental illness
Age
No age limit
Gender
Female

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **100**
Randomization (investigator's opinion)
Randomized
Randomization description
Given that two organizations have been selected as the field of study, one organization will be randomly selected as the intervention and one as the control.
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 Hormozgan University of Medical Sciences
Street address
Jomhuri Eslami Blvd, Bandar Abbas, Iran
City
Bandar abbas
Province
Hormozgan
Postal code
7919915519
Approval date
2021-08-22, 1400/05/31
Ethics committee reference number
IR.HUMS.REC.1400.214

Health conditions studied

1

Description of health condition studied
Conflict of work and life
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Work-life balance
Timepoint
Measurement of work-life balance at the beginning of the study and three months after the end of the educational intervention
Method of measurement
Carlson Standard Questionnaire

2

Description
Mental health
Timepoint
Measurement of mental health at the beginning of the study and three months after the end of the educational intervention
Method of measurement
General Health Questionnaire

3

Description
Perceived Stress
Timepoint
Measurement of perceived stress at the beginning of the study and three months after the end of the educational intervention
Method of measurement
Cohen Perceived Stress Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The health promotion approach used in this study at the individual level includes empowering women to recognize and control stresses and stresses that create work-life conflict and increase coping and resilience with methods such as practical demonstration, role-playing and It is a group discussion. At the interpersonal level, health promotion interventions will be aimed at gaining comprehensive support in the relationship between employee and family members, employee and co-workers, and employee and managers. Interventions at this level will include meetings with counselors and psychologists to simulate various situations that create work conflict and women and their spouses and employee - employee and employee - boss based on predetermined scenarios. At the organizational level The strategy used to lobby and seek support from managers will be effective. It is anticipated that meetings will be held to justify the importance and necessity of this issue in organizational policies for greater productivity with the University President's Advisor on Women and Physical Education to hold relaxation and meditation courses in the gym and the Vice Chancellor for Development on staff day. will be . The purpose of intervention at this level is to increase organizational support for women and create a supportive work environment as a result of organizational policies.

Category

Lifestyle

2

Description

Control group: The control group will complete a general health questionnaire and a perceived stress questionnaire before the intervention. This group does not receive educational intervention. 3 months later, the questionnaires will be completed again by the control group. In order to observe the ethics in the research, after the end of the research, the training booklet on stress management and the booklet on controlling life conflicts will be given to the people in the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Birjand University of Medical Sciences

Full name of responsible person

Seyyede Fateme Rahimi

Street address

Birjand University of Medical Sciences , Ghafari Street, Birjand, South Khorasan, Iran.

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Recruitment center

Name of recruitment center

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Bandare-abbas University of Medical Sciences

Full name of responsible person

Dr Teamur Aghamolaee

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Jomhuri Eslami Blvd, Bandar Abbas, Iran

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Grant name

Grant code / Reference number

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

Title of funding source
Bandare-abbas 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
Bandare-abbas University of Medical Sciences

Full name of responsible person
Seyyede Fateme Rahimi

Position
Phd student

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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Person responsible for scientific inquiries

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Other areas of specialty/work
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Person responsible for updating data

Contact

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Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

Study Protocol
Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan
Not applicable

Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report
Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable