Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Jun 2026

Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Protocol summary

Study aim
The effect of scheduled online video meeting on anxiety, stress and depression in patients with COVID 19

Design
Clinical trial with control group, with parallel groups, double blind, randomized, with a sample size of 30

Settings and conduct
This study was performed on patients with COVID-19 who were admitted to Torbat Heydariyeh Hospital on the 9 dey. On the first and second day of hospitalization in the COVID-19 support ward, video calls in the morning, evening and night shifts between the patient and the patient's family are made by the researcher's tablet in the ward and the patient's family's smartphone at home.

Participants/Inclusion and exclusion criteria
Inclusion criteria: COVID-19 disease and be sick on the first or second day of hospitalization. Conditions of non-entry: do not want to continue participating in the research and the impossibility of video communication more than 2 times in the intervention group.

Intervention groups
In the intervention group, on the first and second day of hospitalization in COVID-19 support ward, video call in morning, evening and night shifts and each shift once for 10-15 minutes between the patient and the patient's family by the researcher's tablet in the ward and the family smartphone The patient is performed at home. In the control group, communication with the patient's family is done by telephone and at times when the patient's condition and condition of the ward allow. Also, in both control and intervention groups, when the ward and patient conditions allow, the visitors can visit their patient in accordance with the principles of personal protection.

Main outcome variables
Stress, anxiety and depression

General information

Reason for update
End of sampling

Acronym

IRCT registration information
IRCT registration number: **IRCT20180429039463N4**
Registration date: **2022-04-10, 1401/01/21**
Registration timing: **registered_while_recruiting**

Last update: **2022-08-13, 1401/05/22**
Update count: **1**

Registration date
2022-04-10, 1401/01/21

Registrant information

Name
mohammad namazinia

Name of organization / entity

Country
Iran (Islamic Republic of)

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+98 51 5222 5280

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namazinm951@mums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-04-04, 1401/01/15

Expected recruitment end date
2022-06-20, 1401/03/30

Actual recruitment start date
2022-04-04, 1401/01/15

Actual recruitment end date
2022-08-11, 1401/05/20

Trial completion date
2022-08-11, 1401/05/20

Scientific title
Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Public title
Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Having informed consent of patients to participate in the study Patient consciousness Ability to communicate verbally No history of known anxiety and depression problems Hospitalization with definitive diagnosis of Covid-19 for the first time Having a smartphone connected to the Internet by the patient's family The first or second day of hospitalization

Exclusion criteria:
Patients whose hemodynamic status is unstable Loss of consciousness Reluctance to continue cooperation in research The patient needs vital measures such as intubation Impossibility of video communication more than 2 times in the intervention group

Age
From **18 years** old to **70 years** old

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size
Target sample size: **30**
Actual sample size reached: **60**

Randomization (investigator's opinion)
Randomized

Randomization description
Dividing people into two groups randomly will be used by the random permutation block method. In this way, using blocks with two treatments and a table of random numbers, individuals were assigned to two groups of control and intervention. Then, the personal information questionnaire in both intervention and control groups is completed through interviews. This questionnaire includes information about personal characteristics and medical records (age, sex, type of disease, etc.).

Blinding (investigator's opinion)
Double blinded

Blinding description
In this study, participants and outcome assessors did not know whether participants were in the control or intervention group.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committee of Torbat Heydariyeh University of Medical Sciences

Street address
Torbat Heydariyeh University of Medical Sciences, Razi St., Torbat Heydariyeh, Iran

City
Torbat Heydariyeh

Province
Razavi Khorasan

Postal code
9519633787

Approval date
2021-12-27, 1400/10/06

Ethics committee reference number
IR.THUMS.REC.1400.040

Health conditions studied

1

Description of health condition studied
Coronavirus disease

ICD-10 code
U07.1

ICD-10 code description
COVID-19, virus identified

Primary outcomes

1

Description
Depression

Timepoint
Depression is measured once at the time of admission and the second time 48 hours after admission.

Method of measurement
Depression is measured by Depression Anxiety and Stress Scales (DASS-21)

2

Description
Stress

Timepoint
Stress is measured once at the time of admission and the second time 48 hours after admission.

Method of measurement
Stress is measured by Depression Anxiety and Stress Scales (DASS-21)

3

Description
Anxiety
Timepoint
Anxiety is measured once at the time of admission and the second time 48 hours after admission.
Method of measurement
Anxiety is measured by Depression Anxiety and Stress Scales (DASS-21)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: In the intervention group, during a face-to-face meeting of 10-15 minutes, the researcher gives the necessary training on the type of study and how to connect to the software and make video calls and visiting hours to the patient and his family. On the first and second day of hospitalization in Covid-19 support ward, video call in morning, evening and night shifts and each shift once for 10-15 minutes between the patient and the patient's family by the researcher's tablet in the ward and the patient's family's smartphone at home Done. Video calling is done using IMO software and at times when the patient's condition and ward condition allow. To avoid disturbing other patients, a handsfree is used to communicate between the patient and the family. Video communication is done when the patient is awake, as well as outside the time of nursing care and doctor visits.
Category
N/A

2

Description
Control group: In the control group, communication with the patient's family is done by telephone and at times when the patient's condition and condition of the ward allow. Also, in both control and intervention groups, when the ward and patient conditions allow, the visitors can visit their patient in accordance with the principles of personal protection.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Nohome day Hospital, Torbat Heydarieh University of Medical Sciences
Full name of responsible person
Mohammad Namazinia
Street address
Torbat Heydariyeh University of Medical Sciences Building., Razi St., Ferdawsi St.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Torbate-Heidaria University of Medical Sciences
Full name of responsible person
Dr. Mohammad Reza Rezaei Manesh
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Torbat Heydariyeh University of Medical Sciences Building., Razi St., Ferdawsi St.
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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
Torbate-Heidaria 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
Torbate-Heidaria University of Medical Sciences
Full name of responsible person
Mohammad Namazinia

Position
Member of the faculty of Torbat Heydarieh University of Medical Sciences
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 main consequence after being unidentified will be shared.
When the data will become available and for how long
Start the access period 6 months after Publish results
To whom data/document is available
Everyone
Under which criteria data/document could be used
The results obtained in this study can be used without restriction by researchers.
From where data/document is obtainable
Referring to Torbat Heidarieh Nursing and Midwifery Faculty
What processes are involved for a request to access data/document
After sending the email to the person responsible for the response process begins.
Comments