

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effectiveness of resilience training on stress coping styles in steel company staff and their spouses during the Covid-19 pandemic (with the control group)

Protocol summary

Study aim

Overall Objective: To evaluate the effectiveness of resilience training on coping styles in hardworking personnel (steel company) and their spouses in coronary conditions Minor Objectives: 1. Assessing the coping styles of steel personnel and their spouses in the context of the Corona epidemic 2. Assessing the resilience of steel personnel and their spouses after interventions 3- Determining the effectiveness of resilience training on coping styles in steel company personnel and their spouses

Design

The present study is a quasi-experimental study in which a pre-test-post-test design with a control group will be used. The statistical population of this research will include all married personnel of Kavir Steel Company in Aran and Bidgol in 1401. Then, 30 pairs will be randomly selected from these individuals and will be placed in two experimental (15 pairs) and control (15 pairs) groups.

Settings and conduct

Aran and Bidgol Steel Company

Participants/Inclusion and exclusion criteria

All married staff of Kavir Steel Company of Aran and Bidgol cities Criteria for entering this study include 1- No history of mental illness and hospitalization in mental hospitals 2- Willingness to participate in the research through interviews. Exclusion criteria are 1- Absence from more than one training session 2- Simultaneous participation in other psychotherapy programs. A resilience component training program (Henderson and Milleston, Krotz 1997) will be used. The experimental group will receive one training session in 8 sessions of 1 hour per week, but the control group will not participate in these sessions.

Intervention groups

resilience training course,

Main outcome variables

resilience enhancing

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220404054404N1**

Registration date: **2022-04-16, 1401/01/27**

Registration timing: **prospective**

Last update: **2022-04-16, 1401/01/27**

Update count: **0**

Registration date

2022-04-16, 1401/01/27

Registrant information

Name

Hadis Amiri

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 913 279 3857

Email address

amirih80@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-19, 1401/02/29

Expected recruitment end date

2022-06-04, 1401/03/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of resilience training on stress coping styles in steel company staff and their spouses during the Covid-19 pandemic (with the control group)

Public title

The effectiveness of resilience training on stress coping styles in steel company staff and their spouses during Covid-19 pandemic.

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

No history of mental illness and hospitalization in mental hospitals Willingness to participate in research is through interviews.

Exclusion criteria:

Absence from training sessions for more than one session participation in other psychotherapy programs at the same time

Age

From **18 years** old

Gender

Both

Phase

0

Groups that have been masked

- Participant
- Care provider
- Data analyser

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

First, using the Random number generation plugin in excel software, a table of random numbers from 1 to 30 will be prepared in an incoherent and scattered manner. To take. The randomization process is studied by the methodology consultant and the researchers are not aware of the randomization process and will only be provided with random codes from 1 to 30.

Blinding (investigator's opinion)

Double blinded

Blinding description

None of the participants in either group, as well as the resilience instructor and data analyst, will know about the control and experimental groups. That is, neither the participants nor all the researchers associated with them are aware of the control and experimental groups. After selecting the samples, none of the sample people will know about randomization and the group assignment process. The trainer will not be informed about the existence of the control group. Therefore, the present study is double-blind.

Placebo

Not used

Assignment

Other

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee in Research, Kerman University of Medical Sciences

Street address

Ebn Sina Ave., Jahad Blvd., Kerman Town

City

kerman

Province

Kerman

Postal code

7619813159

Approval date

2022-04-03, 1401/01/14

Ethics committee reference number

IR.KMU.REC.1400.697

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

stress

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

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

By holding a resilience training class, we expect the stress of the experimental group to decrease.

Timepoint

2 months

Method of measurement

questionnaire

Secondary outcomes**1****Description**

not things

Timepoint

not things

Method of measurement

not things

Intervention groups

1

Description

Intervention group: Holding resilience training classes, Henderson and Milstein's resilience training package will be used for resilience training in this study. Individuals in the experimental group will receive resuscitation training for 8 sessions (60 sessions per week) by a trained therapist as a group. But the control group will not receive any program during this period.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kavir Aran and Bidgol Steel Company

Full name of responsible person

Fateme Ghorbani

Street address

Kavir Aran and Bidgol Steel Company, Foulad Ave.,
Aran, Kashan

City

Kashan

Province

Isfahan

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Phone

+98 913 861 1836

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amirih80@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

Hadis Amiri

Street address

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

Kerman 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

Kerman University of Medical Sciences

Full name of responsible person

Hadis Amiri

Position

assistant professor

Latest degree

Ph.D.

Other areas of specialty/work

Health in Emergency and Disaster

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Person responsible for scientific inquiries

Contact

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Position

assistant professor

Latest degree

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Person responsible for updating data

Contact

Name of organization / entity
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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

Not applicable

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

The data will be made available to them at the request of the journal and the reviewer of the extracted article.

When the data will become available and for how long

according to the Journal's request

To whom data/document is available

only reviewer and journal

Under which criteria data/document could be used

In order to extract the results of the scheme

From where data/document is obtainable

corresponding author

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

by sending email

Comments