Clinical Trial Protocol
Iranian Registry of Clinical Trials

18 Sep 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
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Isfehan
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Phone
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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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Province
Kerman
Postal code
7616913555
Phone
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Email
amirih80@gmail.com
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
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Other areas of specialty/work
Health in Emergency and Disaster
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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
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