

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Jul 2026

Investigating the effect of implementing emotional release technique on stress and resilience of infertile women

Protocol summary

Study aim

Determining the effect of emotional release technique on stress and resilience of infertile women

Design

The clinical trial has a control group of 98 patients, the selection of sample individuals in an easy and accessible way, and the allocation of the first 49 people as the control group and the second 49 people as the test group.

Settings and conduct

The research will be conducted in two selected infertility clinics in Bandar Abbas city. After learning the emotional release technique, the participants of the test group will perform the technique, and the control group will receive only routine care.

Participants/Inclusion and exclusion criteria

Entry criteria: Infertility confirmed by a gynecologist. At least one year has passed since the diagnosis of infertility. Not having adopted children. No remarriage. Not suffering from medical diseases unrelated to infertility. No use of drugs in couples. No tension-causing incidents in the past 6 months. Non-entry criteria: Failure to participate in more than one training session (that session should not be related to the session where the technique of freeing the mind is taught)

Intervention groups

Test: After completing the questionnaires, the participants will receive one training session of emotional release technique per week for 4 weeks, and 2 weeks after the last session, the questionnaires will be completed again; Control: After completing the questionnaires, they will receive routine care, and after 6 weeks, the questionnaires will be completed again.

Main outcome variables

Stress ; Resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220820055755N1**

Registration date: **2022-09-06, 1401/06/15**

Registration timing: **registered_while_recruiting**

Last update: **2022-09-06, 1401/06/15**

Update count: **0**

Registration date

2022-09-06, 1401/06/15

Registrant information

Name

Marziyeh Torabi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 76 3437 0206

Email address

marziyehTorabi99@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-09-06, 1401/06/15

Expected recruitment end date

2022-12-06, 1401/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of implementing emotional release technique on stress and resilience of infertile women

Public title

Investigating the effect of implementing emotional release technique on stress and resilience of infertile women

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Infertility confirmed by a gynecologist At least one year has passed since the diagnosis of infertility Not having adopted children No remarriage Not suffering from medical diseases unrelated to infertility No use of drugs in couples No tension-causing incidents in the past 6 months

Exclusion criteria:

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 98

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

Working Group/Committee of Ethics in Research of Iran University of Medical Sciences

Street address

Iran Nursing and Midwifery School ,Rashid Yasemi Ave ,Vali-e-Asr Ave ,Tehran

City

Tehran

Province

Tehran

Postal code

1996713883

Approval date

2022-07-25, 1401/05/03

Ethics committee reference number

IR.IUMS.REC.1401.335

Health conditions studied

1

Description of health condition studied

infertility

ICD-10 code

N97

ICD-10 code description

Female infertility

Primary outcomes

1

Description

infertility stress

Timepoint

Infertility stress measurement is done in the control group at the beginning of the study and 6 weeks later, and in the test group it is done at the beginning of the study and 2 weeks after the last session of emotional release technique training.

Method of measurement

In both groups, it will be measured by the researcher using Newton's infertility stress questionnaire.

2

Description

Resilience

Timepoint

Resilience measurement is done in the control group at the beginning of the study and 6 weeks later, and in the test group it is done at the beginning of the study and 2 weeks after the last session of emotional release technique training.

Method of measurement

In both groups, it will be measured by the researcher using the Connor and Davidson resilience scale.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Intervention group: First, after completing the informed consent form, the participants will complete questionnaires of personal-social characteristics, Newton's infertility stress and Connor and Davidson's resilience scale. Then, the mind release technique training based on the protocol for the participants in 4 sessions and at an interval of 1 week and to Group form will be provided. The first meeting will be held on the day of registration. The first session: introduction of the researcher and clients, introduction of the plan and the way of carrying out the project, explanation about stress, familiarity with infertility,

benefits of increasing resilience, familiarity with the process of the impact of stress in the process of infertility treatment, familiarity with the technique of freeing the mind and familiarity with the sensitive points of liberation The mind in the body. The second session: Familiarization with the techniques of freeing the mind, using motivational and positive sentences and giving exercises to women. The third session: Rehearsing the taught techniques and the implementation of the technique by the participant will be implemented in this session. The fourth session: Follow-up of training exercises, checking the status of progress. All the trainings will be done face-to-face at the selected two-clinic in Bandar Abbas city and in a private room. Two weeks after the last session, the questionnaires will be completed again.

Category

Lifestyle

2

Description

Control group: Control group: First, after completing the informed consent form, the participants will complete questionnaires on personal-social characteristics, Newton's infertility stress and Connor and Davidson's resilience scale. Then they will only receive routine care. 6 weeks later, the questionnaires will be completed.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Infertility Center of Hormozgan University of Medical Sciences

Full name of responsible person

Dr. Maryam Azizi

Street address

Fertility and Infertility Health Research Center, First Floor, Shefa Burns and Accidents Building, East Side, Shahid Mohammadi Hospital, Bandar Abbas, Jomohri-e-Islami St.

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2

Recruitment center

Name of recruitment center

Dr. Zahra Khashavi infertility clinic

Full name of responsible person

Dr. Zahra Khashavi

Street address

Bandar Abbas, next to Imamzade Seyed Mozafar, in front of Galinos Pharmacy

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Province

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drz.khashavi@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Masoume Khairkhah

Street address

Iran University of Medical Sciences, next to Milad Tower, Hammet Highway, Tehran

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Tehran

Province

Tehran

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1449614535

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Grant name

Grant code / Reference number

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

No

Title of funding source

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Marzieh Torabi Hefeshjani

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Midwifery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Other areas of specialty/work

Midwifery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

no more information

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available