

Clinical Trial Protocol

Iranian Registry of Clinical Trials

25 Aug 2026

The effect of educational intervention based on transactional model of stress and coping on stress management skills among employees of combined cycle power plant.

Protocol summary

Study aim

Determining the effect of the educational intervention based on the exchange model of tension and coping on the stress management skills of Jahrom combined cycle power plant employees.

Design

The current research plan is an interventional study and the research method is experimental, of pre-test-post-test type with a control group. The statistical population of this research consists of all employees of Jahrom Combined Cycle Power Plant (administrative and workshop). (number = 211).

Settings and conduct

6 training sessions will be conducted for the intervention group using active and collaborative methods as well as with the help of various educational tools in the amphitheater of the desired industry.

Participants/Inclusion and exclusion criteria

At least 6 months have passed since he started working. Agree to participate in the study and complete the informed consent form. According to self-report, the participants were not under psychiatric treatment.

Intervention groups

This study will be conducted with a controlled pre-test-post-test experimental design on a sample of Jahrom combined cycle employees (n=106). Educational intervention including 6 sessions of about 90 minutes will be implemented using active and participatory methods for the experimental group (53 people).

Main outcome variables

Stress coping skills will be measured using the 66-item Lazarus coping skills scale and perceived job stress using the 10-item perceived stress scale before and three months after the completion of the educational intervention.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20110423006261N19**

Registration date: **2022-11-21, 1401/08/30**

Registration timing: **registered_while_recruiting**

Last update: **2022-11-21, 1401/08/30**

Update count: **0**

Registration date

2022-11-21, 1401/08/30

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-10-23, 1401/08/01

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

The effect of educational intervention based on transactional model of stress and coping on stress management skills among employees of combined cycle power plant.

Public title

Investigating the effect of educational intervention on stress management skills of industrial workers

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Participant should be part of the contractual, contractual or official (not temporary) employees of the power plant. At least 6 months have passed since she started working. Agree to participate in the study and complete the informed consent form. The age of participants should be between 25 and 60 years. Participants should have at least literacy (at least at the third level of primary school). According to self-report, the participants were not under psychiatric treatment.

Exclusion criteria:

The participant should withdraw from further participation in the study. Leave the research environment for any reason (dismissal, transfer, etc.). Absence in more than two training sessions. Do not participate in the pre-test, post-test or both. During the implementation of the intervention (between the pre- and post-tests), she has received psychiatric treatment due to mental illnesses.

Age

From **25 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **106**

Randomization (investigator's opinion)

Randomized

Randomization description

The studied sample, based on the formula of comparing two averages, 96 people were calculated, and 106 people will be selected by taking into account 10% dropout. In order to prevent the dissemination of information between the study subjects in the experimental and control groups, one shift will be randomly selected as the experimental group and the other shift as the control group. The experimental group of the stress management training program and the employees in the control group are one They will receive an educational program not related to stress (titled the principles of using a mask to prevent corona).

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 Shiraz University of Medical Sciences

Street address

Vice President of Research and Technology, 7th floor, central building of Shiraz University of Medical Sciences, Zand St.

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2020-06-10, 1399/03/21

Ethics committee reference number

IR.SUMS.REC.1399.372

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

Examining stress management skills

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Measuring the score of stress coping skills using the Lazarus and Folkman coping skills scale.

Timepoint

before and three months after the end of the intervention

Method of measurement

66-item Lazarus Coping Skills Questionnaire

2**Description**

Occupational stress score

Timepoint

before and three months after the end of the intervention

Method of measurement

10-item questionnaire of perceived stress

Secondary outcomes

1

Description

Perceived social support score

Timepoint

before and three months after the end of the intervention

Method of measurement

The Perceived Social Support Questionnaire of Zimmet et al.

2

Description

Spiritual health score

Timepoint

before and three months after the end of the intervention

Method of measurement

Polotzin and Ellison's 20-question mental health questionnaire

Intervention groups

1

Description

Intervention group: Educational intervention including 6 sessions of about 90 minutes will be implemented using active and participatory methods for the experimental group. Research tools including demographic characteristics questionnaire, Lazarus coping skills questionnaire, perceived social support questionnaire, perceived stress questionnaire and spiritual health questionnaire will be implemented before and 3 months after the educational intervention in the study group and the results will be used. It will be analyzed using descriptive and analytical statistical methods.

Category

Prevention

2

Description

Control group: For the control group, a training session not related to stress will be designed and implemented under the title of the principles of using masks to prevent corona disease.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Jahrom combined cycle power plant

Full name of responsible person

Canan Peyman

Street address

25 km Jahrom, Shiraz road

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

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Full name of responsible person

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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

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Kaveh Mohammad Hossein

Position

Professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries

Contact

Name of organization / entity

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Mehrazin Farnaz

Position

University student

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Master

Other areas of specialty/work

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Person responsible for updating data

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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

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

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

Data Dictionary

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