

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jun 2026

Volunteers role in teaching women about stress coping strategies; an empowerment program using self-efficacy theory

Protocol summary

Summary

purpose: This study purposely conducts to investigate the role of health volunteers in training women regarding coping with stress strategies using self-efficacy theory. Planning: In this study, 82 health volunteers and 820 under coverage women in 9 centers from 75 urban hygiene centers in Shiraz will attend based on purposive sampling. Setting and conduct: At first, an educational workshop will be held for the health volunteers through three 3-hour sessions. Then, the health volunteers will be asked to train the women regarding coping with stress strategies. major Inclusion and Exclusion criteria: Inclusion criteria of Volunteers: Being active volunteers; Volunteers satisfaction; to have diploma (Minimum education level); not suffering from psychological diseases under psychiatric treatment based on self-reported Exclusion criteria of Volunteers: Unwillingness of volunteers to keep working during the study period Inclusion criteria of women: women satisfaction. Exclusion criteria of women: unwillingness of women to keep working during the study period Intervention: The intervention will be in educational form that educational workshop, educational manuals and educational pamphlets related to stress and coping with stress strategies will be used together. main outcome measures (variables): Coping with stress; Coping Self-efficacy; Knowledge of stress

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201502016261N6**
Registration date: **2016-09-22, 1395/07/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-09-22, 1395/07/01

Registrant information

Name

Mohammad Hussein Kaveh

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 1725 1001

Email address

kaveh@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shiraz University of Medical Sciences

Expected recruitment start date

2015-03-01, 1393/12/10

Expected recruitment end date

2015-04-30, 1394/02/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Volunteers role in teaching women about stress coping strategies; an empowerment program using self-efficacy theory

Public title

Training coping strategies using self-efficacy theory by health volunteers in women

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria of Volunteers: Being active volunteers;volunteers satisfaction; to have a diploma(Minimum literacy level); not suffering from psychological diseases under psychiatric treatment based on self-reported Exclusion criteria of Volunteers:unwillingness of volunteers to keep working during the study period Inclusion criteria of women: women satisfaction. Exclusion criteria of women: Unwillingness of women to keep working during the study period

Age

From **17 years** old to **59 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **902**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Placement of each center in each group, using obverse and reverse

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand Boulevard, Shiraz

City

Shiraz

Postal code

71345-1978

Approval date

2015-01-26, 1393/11/06

Ethics committee reference number

93/429391

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

F40, F41,

ICD-10 code description

Neurotic, stress-related and somatoform disorders

Primary outcomes

1

Description

knowledge of stress in volunteers

Timepoint

Pre-test before training And post-test after 3-7 days of training

Method of measurement

stress knowledge of questionnaire

2

Description

Coping strategies with stress in volunteers

Timepoint

Pre-test before training And post-test after 3-7 days of training

Method of measurement

Endler & Parker coping strategies questionnaire

3

Description

self-efficacy in volunteers

Timepoint

Pre-test before training And post-test after 3-7 days of training

Method of measurement

coping self-efficacy scale

Secondary outcomes

1

Description

Knowledge of stress in women

Timepoint

Pre-test before training and post-Test after a month of training

Method of measurement

The difference between pre-test and post-test data

2

Description

Coping strategies with stress in volunteers

Timepoint

Pre-test before training and post-Test after a month of training

Method of measurement

Endler & Parker coping strategies questionnaire

3

Description

self-efficacy in women

Timepoint

Pre-test before training and post-Test after a month of training

Method of measurement

coping self-efficacy scale

Intervention groups

1

Description

Control group: The control group will not receive any intervention

Category

Prevention

2

Description

Intervention group: At first, an educational workshop will be held for the health volunteers through three 3-hour sessions. Then, the health volunteers will be asked to train the women regarding coping with stress strategies. the volunteer's and women's knowledge level will be assessed using a written test with Cronbach alpha of 64%.perceived skills related to coping with stress strategies and their self-efficacy also will be measured using coping inventory for stressful situations by Endler and Parker and Chesney Coping Self-efficacy Scale respectively

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Enghelab Health Center

Full name of responsible person

Moslem Rokhbin

Street address

Boulevard Sibawayh, Shiraz

City

Shiraz

2

Recruitment center

Name of recruitment center

Health Center Valfajr

Full name of responsible person

Moslem Rokhbin

Street address

contour of Safa Garden bridge and Hor bridge, Shiraz

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research of Shiraz University of Medical Sciences

Full name of responsible person

Dr. Poust Frosh

Street address

Shiraz University of Medical Sciences, Zand Boulevard, Shiraz

City

Shiraz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice Chancellor for research of Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Hafez Hospital

Full name of responsible person

Doctor Alavi Shushtarí

Position

Psychiatrist

Other areas of specialty/work

Street address

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Web page address

Person responsible for scientific inquiries

Contact

Name of organization / entity

School of Health

Full name of responsible person

Doctor Mohamed Hussein Kaveh

Position

Assistant Professor

Other areas of specialty/work**Street address**

Faculty of Health, Razi Boulevard, Shiraz

City

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Postal code**Phone**

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Fax**Email**

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Web page address**Other areas of specialty/work****Street address**

School of Health, Razi Boulevard, Shiraz

City

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Postal code**Phone**

+98 71 3725 1001

Fax**Email**

schealth@sums.ac.ir

Web page address**Sharing plan****Deidentified Individual Participant Data Set (IPD)**

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty

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

Faculty of Health

Full name of responsible person

Doctor Mohamad Hussein Kaveh

Position

Assistant Professor