

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Investigating the effect of social support Program on resiliency of informal caregivers among patients suffering from cancer

Protocol summary

Study aim

The present study aims to determine the impact of planned social support on the resilience of informal caregivers of cancer patients.

Design

The clinical trial study has a control group, two groups, and in each group 46 people (96 people in total) are allocated by simple random method.

Settings and conduct

In this study, family caregivers of cancer patients referred to the oncology departments of Shariati Hospital in Tehran will be included in two intervention and control groups. In the intervention group, the social support program is conducted face-to-face and virtually in 4 areas: informational, emotional, instrumental and evaluation.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Over 18 years of care At least three months have passed since the diagnosis of cancer by the doctor The average duration of care is 31 hours per week, for a minimum of three months Being literate in reading and writing in Persian language Smartphone access Willingness to participate in the intervention Physical ability to participate in the face-to-face program A resident of Tehran Access to smart mobile and internet and the ability to use it Non-abuse of psychoactive substances and narcotics through self-report Non-inclusion criteria: Abuse of psychoactive substances and narcotics through self-report Participate in similar programs

Intervention groups

In this study, in the intervention group, face-to-face and virtual training will be conducted under the title of social support program. In the control group, there is no intervention for people caring for cancer patients (routine procedure).

Main outcome variables

Resilience

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20221120056560N1**

Registration date: **2023-01-26, 1401/11/06**

Registration timing: **registered_while_recruiting**

Last update: **2023-01-26, 1401/11/06**

Update count: **0**

Registration date

2023-01-26, 1401/11/06

Registrant information

Name

masoomeh yousefvand

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 916 866 3065

Email address

masoomyousefvand@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-01-21, 1401/11/01

Expected recruitment end date

2023-04-21, 1402/02/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Investigating the effect of social support Program on resiliency of informal caregivers among patients suffering from cancer

Public title

The effect of social support Program on resiliency of caregivers of cancer patients

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Over 18 years of care At least three months have passed since the diagnosis of cancer by the doctor The average duration of care is 31 hours per week, for a minimum of three months Being literate in reading and writing in Persian language Smartphone access Willingness to participate in the intervention Physical ability to participate in the face-to-face program A resident of Tehran Access to smart mobile and internet and the ability to use it Non-abuse of psychoactive substances and narcotics through self-report

Exclusion criteria:

Abuse of psychoactive substances and narcotics through self-report Participate in similar programs

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **96**

Randomization (investigator's opinion)

Randomized

Randomization description

In this study, the allocation of people into two groups is done in a simple random way, using even and odd methods. In this way, people with an odd number are placed in the intervention group and with an even number in the control group.

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Factorial

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Oncology, Hematology and

Tuberculosis Research Institute, Tehran University of
M

Street address

North Kargar Street, Tehran

City

Tehran

Province

Tehran

Postal code

1417613151

Approval date

2022-12-04, 1401/09/13

Ethics committee reference number

IR.TUMS.HORCSCT.REC.1401.018

Health conditions studied

1

Description of health condition studied

Resiliency

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Resilience

Timepoint

Before the study, immediately and 6 weeks after the end of the intervention

Method of measurement

Connor and Davidson Resilience Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Integrated face-to-face and virtual training under the title of social support program is carried out in 4 areas: informational, emotional, instrumental and evaluation.

Category

Other

2

Description

Control group: There is no intervention for people caring for cancer patients (routine procedure).

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Shariati Hospital, Tehran

Full name of responsible person
Ahmad Reza Jamshidi

Street address
North Kargar Street, Tehran

City
Tehran

Province
Tehran

Postal code
1411713135

Phone
+98 21 8490 1000

Email
shariatihosp@tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Mohammad Vaezi

Street address
North Kargar Street, Tehran

City
Tehran

Province
Tehran

Postal code
1417613151

Phone
+98 21 8490 2635

Email
horcbmt@sina.tums.ac.ir

Grant name

Grant code / Reference number

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

Title of funding source
Tehran 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
Tehran University of Medical Sciences

Full name of responsible person
Seryeh pourtaghi

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
North Kargar Street, Tehran

City
Tehran

Province
Tehran

Postal code
1417613151

Phone
+98 21 6105 4209

Email
s-poortaghi@sina.tums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Seryeh pourtaghi

Position
Associate professor

Latest degree
Ph.D.

Other areas of specialty/work
Nursery

Street address
North Kargar Street, Tehran

City
Tehran

Province
Tehran

Postal code
1417613151

Phone
+98 21 6105 4209

Email
s-poortaghi@sina.tums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Masoomeh Yousefvand

Position
Student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

Street address

Amirabad, Tehran

City

Tehran

Province

Tehran

Postal code

1417613151

Phone

+98 21 6105 4209

Fax**Email**

masoomyousefvand@gmail.com

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

No - There is not a plan to make this available

Statistical Analysis Plan

Not applicable

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

Not applicable