

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

08 Jun 2026

### Effectiveness of cognitive behavioral stress management training on mental health, social interaction and family function in adolescents of families with one Human Immunodeficiency Virus positive member.

#### Protocol summary

##### Summary

The aim of the study was to evaluate the effectiveness of stress management training on youth belonging to a family member is suffering from immunodeficiency virus. In this study, 15 adolescents with a family member suffering from immunodeficiency virus without psychosis, medical problems and substance abuse evaluate about mental health, family functioning and social interactions after eight sessions of cognitive behavioral stress management weekly by Questionnaires. This assessment was done before, after and three months after the training sessions, by questionnaires GHQ, FAD and SDQ.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201105096418N1**  
Registration date: **2011-05-24, 1390/03/03**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2011-05-24, 1390/03/03

##### Registrant information

###### Name

Soroor Arman

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

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###### Email address

arman@med.mui.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Vice Chancellor for Research, Isfahan University of Medical Sciences

##### Expected recruitment start date

2010-09-01, 1389/06/10

##### Expected recruitment end date

2011-03-01, 1389/12/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effectiveness of cognitive behavioral stress management training on mental health, social interaction and family function in adolescents of families with one Human Immunodeficiency Virus positive member.

##### Public title

Effectiveness of cognitive behavioral stress management training on mental health, social interaction and family function in adolescence of families with one Human Immune Deficiency Virus(HIV) positive member

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: adolescents aged between 13-18 y/o, one family HIV positive member, IQ > 80, no psychosis or medical problem, substance abuse and no learning problem(LD), being cooperative and participate in all sessions Exclusion criteria: diagnosis of psychosis or medical problem

##### Age

From **13 years** old to **18 years** old

##### Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: 15

## Randomization (investigator's opinion)

Not randomized

## Randomization description

## Blinding (investigator's opinion)

Not blinded

## Blinding description

## Placebo

Not used

## Assignment

Other

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Vice Chancellor for Research, Isfahan University of Medical Scienc

##### Street address

Isfahan, Hezar jerib St

##### City

Isfahan

##### Postal code

#### Approval date

2010-09-01, 1389/06/10

#### Ethics committee reference number

389198

## Health conditions studied

### 1

#### Description of health condition studied

Behavioral disorders.

#### ICD-10 code

F98.9

#### ICD-10 code description

Unspecified behavioural and emotional disorders with onset usually occurring in childhood and adolescence

## Primary outcomes

### 1

#### Description

mental health

#### Timepoint

before intervention,after ,3 months follow up

## Method of measurement

questionnaire

### 2

#### Description

fumily function

#### Timepoint

before intervention,after ,3 months follow up

#### Method of measurement

questionnaire

### 3

#### Description

social interaction

#### Timepoint

before intervention,after ,3 months follow up

#### Method of measurement

questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

8 session( cognitive behavioral intervention)

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Navab Safavi Behavioral Disease Center

##### Full name of responsible person

soroor arman,maryam keypoor ,mohammad reza maracy

##### Street address

Isfahan,Ahmadabad,Navab Safavi Behavioral Disease Center

##### City

Isfahan

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice Chancellor for Research, Isfahan University of Medical Sciences

##### Full name of responsible person

Vice Chancellor for Research

##### Street address

IUMS,hezar jerib st,

**City**  
Isfahan

**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, Isfahan 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**  
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Isfahan University of Medical Science

**Full name of responsible person**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## 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*