

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

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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

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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

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IUMS,hezar jerib st,

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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
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
Name of organization / entity
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Position
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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