

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 Sep 2026

Development and localization of resilience protocol with a preventive approach, and its effectiveness on stress, psychological well-being, and resilience of officer students

Protocol summary

Study aim

Localization of the protocol based on resilience skills training and its effectiveness on stress and psychological well-being of officer students, determining the effectiveness of resilience training on reducing stress of officer students, psychological well-being of officer students

Design

The research population will include all the students of Imam Hassan Mojtabi (AS) University of Officers and Police Training who are studying in 1401. In the first stage, in order to obtain the research sample, the Shiraldi and Glenn (2017) Resilience Checklist scale is implemented on the students who refer to the Counseling and Psychological Services Center of Police Training University and After the initial assessment of 30 people, those who obtained lower resilience scores based on the cut-off score of 110 of this checklist will be invited to the next stage of the research and will be replaced by lottery in two control (15) and experimental (15) groups. . The resilience training protocol will be implemented on the experimental group in 12 90-minute sessions.

Settings and conduct

This practical study is a semi-experimental research design and pre-test-post-test, which will be conducted with a control group and one-sided blind. The location of the research will be the Center for Counseling and Psychological Services of Imam Hasan Mohtabi (AS) Tarbiat Police University.

Participants/Inclusion and exclusion criteria

Entry criteria: 1. Consent to participate in the research 2. Being male Exclusion criteria: 1. Not participating in more than one therapy sessions 2. Having a mental disorder

Intervention groups

Teaching the restart button technique (awareness breathing), abdominal breathing, tactical breathing,

teaching a variety of body-based stress coping skills such as practicing awareness and self-compassion.

Main outcome variables

Resilience Psychological well-being Stress

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200222046583N2**

Registration date: **2023-03-14, 1401/12/23**

Registration timing: **registered_while_recruiting**

Last update: **2023-03-14, 1401/12/23**

Update count: **0**

Registration date

2023-03-14, 1401/12/23

Registrant information

Name

yousef asmaribardezard

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

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Email address

asmariyousef@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-11, 1401/12/20

Expected recruitment end date

2023-05-10, 1402/02/20

Actual recruitment start date

empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Development and localization of resilience protocol with a preventive approach, and its effectiveness on stress, psychological well-being, and resilience of officer students

Public title
Development of resilience protocol, and its effectiveness on stress, psychological well-being, and resilience

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
 1. Consent to participate in the research 2. Being male 3. Age range 20 to 50 years 4. Not having a physical disease 5. Having at least a diploma education
Exclusion criteria:

Age
From **19 years** old to **30 years** old

Gender
Male

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Randomized

Randomization description
After the interview and determination of entry and exit criteria, 30 patients will be selected. A coin toss was used to assign to the control and experimental groups. The unit of randomization is the individual, and the block variable for assigning to the experimental and control groups is the degree of resilience. After arranging two by two in terms of the block variable, randomization will be done by drawing a coin toss.

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

Ethics Committee of Baqiyatullah University of Medical Sciences (AS)

Street address

No.32, Mollasadra Av., South Sheikh Bahai St, Vanak Square

City

Tehran

Province

Tehran

Postal code

1435915371

Approval date

2022-05-10, 1401/02/20

Ethics committee reference number

IR.BMSU.REC.1401.012

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

F43.0

ICD-10 code description

Acute stress reaction

Primary outcomes

1

Description

Resilience: Everyone gets more than 50 in Connor's resilience questionnaire Stress: Everyone scores 26 or higher in the DAS questionnaire. Psychological well-being: Anyone who scores below 20 has a low score.

Timepoint

At the beginning of the research as a pre-test, at the end of the intervention as a post-test

Method of measurement

Depression Anxiety and Stress Scale (DASS-21) This scale was created by Lavibond and Lavibond in 1995. The short form of this questionnaire has 21 questions and the long form has 42 questions. Riff's psychological well-being: This scale with 18 questions was designed by Riff in 1989 and revised in 2002. Resilience Questionnaire: Connor's Resilience is a 25-question tool that measures the construct of resilience on a five-point Likert scale from zero to four.

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: For the intervention group, resilience training will take place in 12 sessions of 90

minutes. Psychological training about stress, resilience and dealing with it, relaxation training, mindfulness training, self-compassion training, problem solving training, effective communication training, self-esteem training

Category

N/A

2

Description

Control group: For the control group, nothing is done during the intervention, but resilience training will be done after the intervention in order to comply with research ethics.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Psychological Counseling and Treatment Center of Imam Hassan Mojtabi (AS) Official University

Full name of responsible person

Mr. Mohammad Mohebi

Street address

No.19, Shahid Hemet Gharb Ave, Shahid Kharazi St, Amin University of Police Sciences (police training)

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Center for Cognitive & Bihavioral Sciences in Police

Full name of responsible person

Dr. Sajjad Khanjani

Street address

No,134.Valiasr Street, above Vanak Square, in front of Zafar, Hazrat Valiasr Hospital, 5th floor, applied research center of Deputy Behdad Police Command of J.A.Tehran

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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

Research Center for Cognitive & Bihavioral Sciences in Police

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

Other

Person responsible for general inquiries

Contact

Name of organization / entity

Cognitive and Behavioral Sciences Research Center

Full name of responsible person

Dr. Sajjad Khanjani

Position

Head of the research center

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

Street address

No,134.Valiasr Street, above Vanak Square, in front of Zafar, Hazrat Valiasr Hospital, 5th floor, applied research center of Deputy Behdad Police Command of J.A.Tehran

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Person responsible for scientific inquiries

Contact

Name of organization / entity

University of social welfare and rehabilitation sciences

Full name of responsible person

usef asmari

Position

student

Latest degree

Ph.D.

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Due to security issues, the project is in the military domain and the necessary permission must be obtained from the relevant research center.

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

All information generated by the journal of military medicine, in which the article is to be published, can be made available to the public. The data files are placed in the format of Word, Excel and SPSS data.

When the data will become available and for how long

One year after the publication of the article

To whom data/document is available

For general researchers

Under which criteria data/document could be used

There is no special condition.

From where data/document is obtainable

Contact the email of the responsible author or the relevant journal.

What processes are involved for a request to access data/document

There is no specific process. In case of e-mail or calling the magazine after the specified period, access to the requested items can be done.

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

University of social welfare and rehabilitation sciences

Full name of responsible person

usef asmari

Position

student

Latest degree

Ph.D.

Other areas of specialty/work

Psychology

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