

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Effect of resilience education on improving the ability to cope with stress and hope of mothers of children with cancer: a before-after clinical trial

Protocol summary

Study aim

To assess the effect of resilience education on improving the ability to cope with stress and hope of mothers of children with cancer

Design

This is a before-after clinical trial without control group, in which eligible mothers will be studied both before and after the intervention.

Settings and conduct

This study will be performed in the Besat Hospital in Hamadan city on 60 mother of children with cancer. Eligible mothers will be assessed both before and after the intervention. Blinding is not possible in this study.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Age 18 to 50 years Having a child with cancer Being literate Exclusion criteria: Failure to attend classes for more than 2 sessions

Intervention groups

Intervention group: Resilience training for 60 minutes once a week for 9 sessions (including the concept of resilience, the characteristics of people with high resilience such as happiness, wisdom and insight, humor, sympathy, intellectual adequacy, purposefulness in life, and stability; internal and external factors affecting resilience such as optimism, self-esteem, social support, and individual responsibility; ways to increase resilience such as establishing and maintaining relationships with others, acceptance, self-awareness, purposefulness and hope for the future, developing self-confidence, and self-care) Control group: In comparison with before intervention

Main outcome variables

Primary outcome: Stress score, the hope score

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20120215009014N478**

Registration date: **2023-07-27, 1402/05/05**

Registration timing: **prospective**

Last update: **2023-07-27, 1402/05/05**

Update count: **0**

Registration date

2023-07-27, 1402/05/05

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 81 1838 0090

Email address

poorolajal@umsha.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-11, 1402/05/20

Expected recruitment end date

2023-10-12, 1402/07/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of resilience education on improving the ability to cope with stress and hope of mothers of children with cancer: a before-after clinical trial

Public title

Effect of resilience education on improving the ability to cope with stress and hope of mothers of children with cancer

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age 18 to 50 years Having a child with cancer Being literate

Exclusion criteria:

Failure to attend classes for more than 2 sessions

Age

From **18 years** old to **50 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor for Research and Technology,
Hamadan University of Medical Sciences, Shahid
Fahmideh Ave

City

Hamadan

Province

Hamadan

Postal code

6517838695

Approval date

2023-07-01, 1402/04/10

Ethics committee reference number

IR.UMSHA.REC.1402.288

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

Stress score

Timepoint

Before the intervention and 2 months later

Method of measurement

Using the Parental Stress Questionnaire

2

Description

The hope score

Timepoint

Before the intervention and 2 months after

Method of measurement

Using the Parental Hope Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Resilience training for 60 minutes once a week for 9 sessions (including the concept of resilience, the characteristics of people with high resilience such as happiness, wisdom and insight, humor, sympathy, intellectual adequacy, purposefulness in life, and stability; internal and external factors affecting resilience such as optimism, self-esteem, social support, and individual responsibility; ways to increase resilience such as establishing and maintaining relationships with others, acceptance, self-awareness, purposefulness and hope for the future, developing self-confidence, and self-care)

Category

Treatment - Other

2

Description

Control group: In comparison with before intervention

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Besat Hospital in Hamadan city

Full name of responsible person

Mohammad Ghasvand

Street address

Besat Hospital, Shahed Square

City

Hamadan

Province

Hamadan

Postal code

6517838695

Phone

+98 81 3364 0030

Email

mohammad.ghiasvand9877@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Reza Shokoohi

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Ave

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info.research@umsha.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Hamedan 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

Hamedan University of Medical Sciences

Full name of responsible person

Mohammad Ghasvand

Position

Medical Student

Latest degree

Medical doctor

Other areas of specialty/work

General Practitioner

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School of Medicine, Hamadan University of Medical Sciences, Shahid Fahmideh Ave.

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Ali Mohammadpour

Position

PhD in Health Information Management

Latest degree

Ph.D.

Other areas of specialty/work

Medical Informatics

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Person responsible for updating data

Contact

Name of organization / entity

Hamedan University of Medical Sciences

Full name of responsible person

Dr. Jalal Poorolajal

Position

Professor of Epidemiology

Latest degree

Ph.D.

Other areas of specialty/work

Epidemiology

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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

Undecided - It is not yet known if there will be a plan to
make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to
make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to
make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to
make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to
make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to
make this available