

# 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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**Province**

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**Phone**

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**Email**

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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**Email**

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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