

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

The effect of educational intervention based on the self-efficacy model on stress management in Ramhormoz health care network staff .

Protocol summary

Study aim

This study is carried out with the aim of determining the effect of educational intervention based on self-efficacy model on stress management in Ramhormoz health and treatment network employees.

Design

A controlled, single-blind, randomized clinical trial of 94 employees. PASS statistical software was used for randomization.

Settings and conduct

This study is a randomized controlled trial, using the pre-test-post-test method. Shahrram-Hormoz has 2 comprehensive urban health centers, 4 urban bases, 4 rural centers and 4 rural urban centers. From among the centers, we will have a sample of urban centers, rural centers, and health centers in the control and intervention groups. Also, among Behorzi School - Health Network, and the headquarters of the health center, one case will be randomly in the observation group and one case in the group. intervention will take place.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Not taking psychoactive drugs based on the person's self-declaration. Living in Ramhormoz Willingness to participate in the study and complete the informed consent form. Exclusion criteria: Experiencing traumatic events during the intervention based on verbal questions by the interviewer Change of residence outside the research environment. Absence of more than 2 sessions in training sessions.

Intervention groups

In this study, 8 sessions of 45 minutes will be held with interactive lecture method, group discussion and also media such as slide show in the form of PowerPoint program, clip show. During this period, the control group will not receive any intervention.

Main outcome variables

Stress management skills

General information

Reason for update

The problems have been solved.

Acronym

IRCT registration information

IRCT registration number: **IRCT20230917059445N1**

Registration date: **2023-09-26, 1402/07/04**

Registration timing: **retrospective**

Last update: **2023-12-02, 1402/09/11**

Update count: **1**

Registration date

2023-09-26, 1402/07/04

Registrant information

Name

Hamideh Saeidavi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3336 9282

Email address

saeidavi118@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-23, 1402/06/01

Expected recruitment end date

2023-09-23, 1402/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of educational intervention based on the self-efficacy model on stress management in Ramhormoz health care network staff .

Public title

The effect of educational intervention based on the self-efficacy model on stress management in Ramhormoz health care network staff .

Purpose

Education/Guidance

Inclusion/Exclusion criteria**Inclusion criteria:**

Not taking psychoactive drugs based on the person's self-declaration. Living in Ramhormoz (no change of residence outside the research environment from the beginning of the study to the end of the study) Willingness to participate in the study and complete the informed consent form

Exclusion criteria:

Experiencing traumatic events during the intervention based on verbal questions by the interviewer Change of residence outside the research environment. Absence of more than 2 sessions in training sessions. Unwillingness to continue attending the study Not completing the pre- or post-test completely

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **97**

Randomization (investigator's opinion)

Randomized

Randomization description

Cluster sampling to select health centers, then random sampling to select one health center as the control group and one health center as the intervention group. Ramhormoz city has 2 comprehensive urban health centers, 4 urban centers, 4 rural centers and 4 rural urban centers. Among the health centers of the city, one urban health center, two urban bases, 2 rural centers and 2 rural urban centers are randomly selected for educational intervention. Also, one case will be randomly placed in the observation group and one case will be placed in the intervention group from Behorzi School and the Health Center Headquarters. Randomization was simple with equal blocks, with the help of PASS statistical software How to make a random sequence: based on the PASS software random number table It was one-sided blind, which means that only the subjects did not know which group they were in.

Blinding (investigator's opinion)

Single blinded

Blinding description

Training sessions are held for the intervention group. The control group is provided with an educational pamphlet.

The researcher is fully aware of the allocation of people. The person responsible for collecting data and the analyst is also a researcher.

Placebo

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Shiraz University of Medical Sciences Faculty of Health Ethics Committee with ID IR.Sums.Scheanut.Re

Street address

4 Nahhat St., 2nd sixteen meters.Salman Farsi

City

Ramhormoz

Province

Khuzestan

Postal code

6134783349

Approval date

2023-03-05, 1401/12/14

Ethics committee reference number

شناسه IR.Sums.Scheanut.Rec.1401.141

Health conditions studied**1****Description of health condition studied**

Job stress

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Stress management

Timepoint

The beginning and end of the study

Method of measurement

Occupational stress questionnaire, self-efficacy questionnaire, Lazarus coping skills questionnaire

Secondary outcomes**1****Description**

Efficacy

Timepoint

The beginning and end of the intervention

Method of measurement

Self-efficacy questionnaire

Intervention groups

1

Description

Intervention group: Receive 8 training sessions for two months, receiving pamphlets and educational clips.

Category

Lifestyle

2

Description

Control group: Get the educational pamphlet

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Health center of Ramhormoz city

Full name of responsible person

Raeesi Davood

Street address

Health center of Ramhormoz city,Urban land

City

Ramhormoz

Province

Khouzestan

Postal code

6371661147

Phone

+98 61 3336 9282

Email

saeidavi118@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Azhdarpoor Abolfazl

Street address

Faculty of Health

City

Shiraz

Province

Khouzestan

Postal code

7134814336

Phone

+98 71 3230 5410

Email

azhdarpoor@sums.ac.ir

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Shiraz 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

Shiraz University of Medical Sciences

Full name of responsible person

Hamideh Saeidavi

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

Nahdat 4, 2nd sixteen meters, Salman Farsi

City

Ramhormoz

Province

Khouzestan

Postal code

6134783349

Phone

+98 61 3336 9282

Fax

Email

saeidavi118@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Mahin Nazari

Position

Associate

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

Street address

Shiraz University of Medical Sciences, Zand St, Shiraz

City

Shiraz

Province

Fars

Postal code

7153675541

Phone

+98 71 5273 5001

Fax**Email**

manazari@sums.ac.ir

Ramhormoz

Province

Khouzestan

Postal code

6134783349

Phone

+98 61 3336 9282

Fax**Email**

saeidavi118@yahoo.com

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

Shiraz University of Medical Sciences

Full name of responsible person

Hamideh Saeidavi

Position

Master Student

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

Street address

Nehzat 4, 2nd sixteen meters, Salman Farsi

City**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

Not applicable

Informed Consent Form

No - There is not 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