

# 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**

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**Province**

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**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

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Shiraz

**Province**

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**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

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**Person responsible for scientific inquiries**

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

Mahin Nazari

**Position**

Associate

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Health Promotion

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

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**Position**

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**Other areas of specialty/work**

Health Promotion

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**Fax****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**

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