

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jun 2026

The effects of problem solving Skill training on reducing the depression and increasing the coping skills of Tabriz and Uromiyeh Nursing and Midwifery students

Protocol summary

Summary

This research is an experimental study with "pre-test and post-test with a control group" design. The aim of study is to examine the effects of problem solving skill training on reducing the depression and increasing the coping skills of Tabriz and Uromiyeh Nursing and Midwifery students. Sampling is Census. Beck Depression Inventory and Coping Skills Questionnaire will be use for screening subjects. Students who gain score 10 or above on the Beck Depression Scale, will be select as the samples of Study. During the study, to reduce the interaction between the two groups, one the colleges will be select as study group while another college will be select as a control group. Inclusion Criteria include students who are studying at Nursing and Midwifery faculty 2010-2011, students who want to participate in the study, and students who do not receiving any anti- depression medications. Exclusion Criteria include students who abandon the study during the research, do not want to participate in the study, absent more than one session from teaching sessions, are suffering from acute medical diseases, are receiving any information about problem solving technique during the research from other resources, and have severe depression according to Beck Depression Inventory. The training program in six meetings runs on the study group while the control group will be not receiving any intervention. After training intervention, the results will be examined whether this method is effective in reducing depression and increasing coping skills. The primary outcome of this study is to identify depressed individuals.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201106196834N1**

Registration date: **2011-08-21, 1390/05/30**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2011-08-21, 1390/05/30

Registrant information

Name

Hossein Ebrahimi

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 41 1475 1709

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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research, Tabriz University of Medical Sciences

Expected recruitment start date

2011-09-23, 1390/07/01

Expected recruitment end date

2011-10-23, 1390/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effects of problem solving Skill training on reducing

the depression and increasing the coping skills of Tabriz and Uromiyeh Nursing and Midwifery students

Public title

The effects of problem solving Skill training on reducing the depression and increasing the coping skills of Tabriz and Uromiyeh Nursing and Midwifery students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion Criteria: students who are studying at Nursing and Midwifery faculty 2010-2011; students who want to participant in the study; students who are not receiving anti-depression medications. Exclusion Criteria: students who abandon the study in during of the research; students who do not want to Participate in the study; students who absent more than one session from teaching sessions; students who are suffering from acute medical diseases; students who are receiving any information about problem solving techniques during the research from other resources; students who have severe depression according to Beck Depression Inventory.

Age

From **18 years** old to **24 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **140**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Tabriz University of medical Sciences-Nursing and Midwifery Faculty

Street address

Nursing and Midwifery Faculty, Shariati Street

City

Tabriz

Postal code

51745

Approval date

2011-06-07, 1390/03/17

Ethics committee reference number

911

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F30,F31, F

ICD-10 code description

Mood [affective] disorders

Primary outcomes

1

Description

Screening of depressed people

Timepoint

Before intervention and 1 Month after the intervention

Method of measurement

Beck Depression Inventory (BDI)

Secondary outcomes

1

Description

Prevention of depression

Timepoint

Before intervention and 1 Month after the intervention

Method of measurement

Beck Depression Inventory

2

Description

Referring of persons with severe depression to treatment centers

Timepoint

Before intervention and 1 Month after the intervention

Method of measurement

Beck Depression Inventor

Intervention groups

1

Description

Group 2:Any intervation will not be done in the control group

Category

Prevention

2

Description

Group1: intervention in 6 sessions, 2 hours in each session and 2 sessions in a week

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Nursing and Midwifery Faculty of Tabriz and Uromieh

Full name of responsible person

Hossein Ebrahimih

Street address

Nursing and Midwifery Faculty, Shariati Street,

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice-chancellor for Research, Tabriz University of Medical Sciences

Full name of responsible person

Dr.Mohammad Reza Rashidi

Street address

Research deputy, Tabriz University of Medical Sciences , Golgasht Ave

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for Research, Tabriz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Person responsible for scientific inquiries

Contact

Name of organization / entity

Tabriz Nursing and Midwifery Faculty

Full name of responsible person

Dr Hossein Ebrahimi

Position

PhD in Nursing

Other areas of specialty/work

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Web page address

Person responsible for updating data

Contact

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty