

# 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)

###### Phone

+98 41 1475 1709

###### Email address

ebrahimih@tbzmed.ac.ir

##### 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 intervention 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**

**Street address**

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**City**

Tabriz

**Postal code**

**Phone**

+98 41 1479 0364

**Fax**

**Email**

Ebrahimih@tbzmed.ac.ir

**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*