

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

31 May 2026

### A Comparative Study of the Effect of Tele-Mentoring on the Perceived Stress of Newly Graduated Dentists with the Control Group: a Randomized Controlled Trial

#### Protocol summary

##### Study aim

Studying the changes in perceived stress of newly graduated employed general dentists before and after tele-mentoring in comparison with the control group

##### Design

Two arm parallel group randomized controlled trial. Each group has 95 members. Permuted-block Randomization will be done by a website. Blinding is not done.

##### Settings and conduct

The present study is conducted in Hamadan province with the participation of newly graduated general dentists. From these dentists' point of view, the 3 most stressful fields of dentistry are determined in the baseline survey. Then the participants are divided into intervention and control groups. The dentists in the intervention group, discuss their problems in these 3 fields with the pertinent experts for 2 months and are provided with the experts' advice remotely. At the end of 2 months, the post-test electronic survey is distributed among the participants.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: 1. Dental practice less than 1 year; 2. Access to social networks; Exclusion criteria: 1. Experiencing unfortunate events during the last 3 months; 2. Undergoing psychiatric/psychological treatment

##### Intervention groups

Control group: no intervention; Intervention group: for 2 months, dentists ask the relevant experts about their clinical questions remotely.

##### Main outcome variables

Perceived stress

#### General information

##### Reason for update

##### Acronym

#### IRCT registration information

IRCT registration number: **IRCT20230721058868N1**

Registration date: **2023-11-01, 1402/08/10**

Registration timing: **prospective**

Last update: **2023-11-01, 1402/08/10**

Update count: **0**

#### Registration date

2023-11-01, 1402/08/10

#### Registrant information

##### Name

Hamed Karami

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 81 3838 6595

##### Email address

hamedroute@gmail.com

#### Recruitment status

**Recruitment complete**

#### Funding source

#### Expected recruitment start date

2023-11-11, 1402/08/20

#### Expected recruitment end date

2023-11-18, 1402/08/27

#### Actual recruitment start date

empty

#### Actual recruitment end date

empty

#### Trial completion date

empty

#### Scientific title

A Comparative Study of the Effect of Tele-Mentoring on the Perceived Stress of Newly Graduated Dentists with

the Control Group: a Randomized Controlled Trial

### Public title

Effect of tele-mentoring on the stress level of dentists

### Purpose

Education/Guidance

### Inclusion/Exclusion criteria

#### Inclusion criteria:

General dentists who are practicing dentistry less than 1 year  
Dentists who have access to social media

#### Exclusion criteria:

People who have experienced an unfortunate event in the last 3 months  
People who are taking mental drugs or under the supervision of a psychiatrist

### Age

No age limit

### Gender

Both

### Phase

N/A

### Groups that have been masked

No information

### Sample size

Target sample size: 190

### Randomization (investigator's opinion)

Randomized

### Randomization description

Online permuted-block randomization will be done at the individual level. The website used is:

<https://www.sealedenvelope.com> An independent statistician will define groups A (intervention) and B (control) on the website, will fix block sizes to 4, and will enter the sample size. Then, according to the sample size, the website will generate a list of blocks, each block containing 2 participants in group A and 2 participants in group B. For the sake of allocation concealment, the main researcher who is responsible for screening the participants in terms of inclusion and exclusion criteria and their enrollment in the study, will not access any information about the sequence of blocks and the arrangement of groups A and B within each block. The main researcher informs the statistician of the list of eligible participants which is arranged chronologically, and the statistician will allocate them to the study groups in the same order.

### 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 Hamadan University of Medical Sciences

##### Street address

Ethics committee, Vice-Chancellor for Research and Technology, 4th Floor, Central Headquarters of Hamadan University of Medical Sciences, Shahid Fahmideh Blvd., Pajuhesh Square

##### City

Hamadan

##### Province

Hamadan

##### Postal code

6517838678

##### Approval date

2023-10-19, 1402/07/27

##### Ethics committee reference number

IR.UMSHA.REC.1402.477

## Health conditions studied

### 1

#### Description of health condition studied

Stress level

#### ICD-10 code

#### ICD-10 code description

## Primary outcomes

### 1

#### Description

Perceived stress

#### Timepoint

Pre-intervention and 2 months after the start of the intervention

#### Method of measurement

Perceived stress scale-14

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control group: passive (no intervention)

#### Category

N/A

### 2

#### Description

Intervention group: The members of this group receive tele-mentoring for 2 months. At first, the 3 most stressful fields of dentistry are determined from the participants'

point of view in the baseline survey. Then, members of intervention group ask the relevant experts (specialist or resident) about their questions in these 3 fields on the platform of social networks available to both parties. The expert remotely checks the uploaded documents and provides his/her advice to the inquiring dentist.

**Category**

Other

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Hamadan health center

**Full name of responsible person**

Alireza Rostami Kia

**Street address**

Hamadan Health Center, Behdasht Alley, the beginning of Taleghani Street, Jihad Square

**City**

Hamadan

**Province**

Hamadan

**Postal code**

6515737448

**Phone**

+98 81 3826 0895

**Fax**

+98 81 3826 0696

**Email**

Hamedan\_health@umsha.ac.ir

**Web page address**

<https://healthcenter.umsha.ac.ir/>

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Hamedan University of Medical Sciences

**Full name of responsible person**

Reza Shokoohi

**Street address**

Vice-Chancellor for Research and Technology, 4th Floor, Central Headquarters of Hamadan University of Medical Sciences, Shahid Fahmideh Blvd., Pajuhesh Square

**City**

Hamadan

**Province**

Hamadan

**Postal code**

6517838678

**Phone**

+98 81 3131 4058

**Email**

Fanavari@umsha.ac.ir

**Web page address**

<https://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**

Hamed Karami

**Position**

Dental student

**Latest degree**

A Level or less

**Other areas of specialty/work**

Dentistry

**Street address**

Unit 2, No. 41, Peyman Alley, Nastooh Alley, Be'sat Blvd.

**City**

Hamadan

**Province**

Hamadan

**Postal code**

6516936658

**Phone**

+98 81 3838 6595

**Email**

hamedroute@gmail.com

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Hamedan University of Medical Sciences

**Full name of responsible person**

Mahrokh Amiri

**Position**

Assistant professor

**Latest degree**

Specialist

**Other areas of specialty/work**

Oral Medicine

**Street address**

Community Oral Health Department, Ground Floor,

School of Dentistry, Hamadan University of Medical Sciences, Shahid Fahmideh Blvd., Pajuhesh Square

**City**

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**Province**

Hamadan

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**Phone**

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**Email**

amirimahrokh@yahoo.com

## Person responsible for updating data

**Contact**

**Name of organization / entity**

Hamedan University of Medical Sciences

**Full name of responsible person**

Hamed Karami

**Position**

Dental student

**Latest degree**

A Level or less

**Other areas of specialty/work**

Dentistry

**Street address**

Unit 2, No. 41, Peyman Alley, Nastooh Alley, Be'sat Blvd.

**City**

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**Province**

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**Postal code**

6516936658

**Phone**

+98 81 3838 6595

**Email**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

**Study Protocol**

Yes - There is a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

Yes - There is a plan to make this available

**Data Dictionary**

Yes - There is a plan to make this available

**Title and more details about the data/document**

All data is potentially shareable after de-identifying individuals.

**When the data will become available and for how long**

The data will become available 3 months after the results are published and for an unlimited period.

**To whom data/document is available**

The data will be available to researchers working in academic and scientific institutions, dental associations, and commercial enterprises.

**Under which criteria data/document could be used**

Researchers can use these data in reviews and meta-analyses. Dental associations as well as commercial enterprises can utilize the documents for the development of mentoring programs provided that the intellectual rights of the main researcher are respected.

**From where data/document is obtainable**

1. Email (Hamed Karami): hamedroute@gmail.com; 2. Mobile phone (Hamed Karami): 0098 9182116108

**What processes are involved for a request to access data/document**

After checking the request by Hamed Karami, if the conditions are met, it will be accepted within a maximum of one week and the data will be sent.

**Comments**