Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 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

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Province
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Email
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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

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6517838678

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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

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

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Province
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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

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Community Oral Health Department, Ground Floor,

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

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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
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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