Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Investigating the effect of anger management training program on aggression and social problem solving of nursing students

Protocol summary

Study aim
Determining the effect of anger management training program on aggression and social problem solving of nursing students, Shiraz University of Medical Sciences 1402

Design
Randomized control trial, single-blind, on 40 nursing students. Using Random Allocation software.

Settings and conduct
After coding the samples, statistical analysis will be conducted with blinding. Sampling will be done using an accessible method. Participants, completing relevant questionnaires and obtaining consent, will be divided into intervention and control groups using permutation blocks. Immediately post-intervention and four weeks later, both groups will complete the questionnaires again. To prevent information interference between groups, the control group will first complete the questionnaire in two stages with a one-month interval, and then the intervention group will join the program.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: - Nursing students in the 3rd and 4th semesters at Shiraz University of Medical Sciences - Willingness to participate in the study - Non-participation in workshops or similar courses - Completion of an informed consent form to participate in the research - Absence of diagnosed mental illnesses Exclusion Criteria: - Unwillingness to continue collaboration in the research - Absence from training sessions for more than one day

Intervention groups
The intervention group attends four 1.5-hour group sessions weekly, covering self-control techniques, effective communication, decision-making, and mindfulness. One week post-workshop, individuals receive a one-on-one counseling session for anger management and daily motivational text messages for ten days. The control group will not receive any intervention. After study, they will attend an educational workshop, and receives materials.

Main outcome variables
aggression; Social problem solving

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20220413054521N2**
Registration date: **2024-03-02, 1402/12/12**
Registration timing: **prospective**

Last update: **2024-03-02, 1402/12/12**
Update count: **0**

Registration date
2024-03-02, 1402/12/12

Registrant information
Name
Narjes Nick
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 71 3647 4254
Email address
nikn@sums.ac.ir

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2024-04-02, 1403/01/14
Expected recruitment end date
2024-06-18, 1403/03/29
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Investigating the effect of anger management training program on aggression and social problem solving of nursing students

Public title
Investigating the effect of anger management training program on aggression and social problem solving

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
3rd and 4th semester nursing students of Shiraz University of Medical Sciences Willingness to participate in the study Completing the informed consent form

Exclusion criteria:
Suffering from psychological diseases Participation in workshops or similar courses

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked

- Data analyser

Sample size
Target sample size: **40**

Randomization (investigator's opinion)
Randomized

Randomization description
Sampling will be conducted using an accessible and convenient method. After determining the sample size using the blocked permutation method, participants will be divided into two groups, intervention and control. To ensure proportional allocation in blocks and the number of interventions, 40 individuals will be assigned to the intervention and control groups using blocked permutation. For random allocation of samples into 5 blocks of 8, initially, a set of 8 cases or units is considered. Then, these 8 units are divided into 5 blocks with an equal number, so each block includes 8 samples from these units. Subsequently, the order of units in each block is determined randomly using permutation methods. By assigning units to blocks and their random permutation, we will ensure that the random effects of variable distributions are preserved in the study. The random allocation list will be generated using the Random Allocation software.

Blinding (investigator's opinion)
Single blinded

Blinding description
In this study, one-way blinding is used and blinding will be done in relation to the statistical analyst.

Placebo
Not used

Assignment
Parallel

Other design features
In this combined study, education includes a workshop, individual counseling, and motivational text messages.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research Ethics Committee of Schools of Nursing and Midwifery, Management and Medical Information sc

Street address
Shiraz - Namazi Square, entrance of Namazi Hospital, Hazrat Fatemeh College of Nursing and Midwifery

City
Shiraz

Province
Fars

Postal code
7193613119

Approval date
2024-01-26, 1402/11/06

Ethics committee reference number
IR.SUMS.NUMIMG.REC.1402.138

Health conditions studied

1

Description of health condition studied
aggression

ICD-10 code
F60.3

ICD-10 code description
Borderline personality disorder

2

Description of health condition studied
Social problem solving

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Aggression: Changes in scores based on the "Buss and Perry Aggression Questionnaire"

Timepoint
before the intervention, immediately after the intervention and four weeks after the end of the intervention

Method of measurement
"Bass and Perry Aggression" Questionnaire

2

Description
Social Problem-Solving: Changes in scores based on the "Revised Social Problem-Solving Inventory (SPSI-R) Questionnaire"
Timepoint
before the intervention, immediately after the intervention and four weeks after the end of the intervention
Method of measurement
Questionnaire "Revised Social Problem Solving by D'Zurilla et al

Secondary outcomes

empty

Intervention groups

1

Description
Intervention Group: The intervention group in the anger management education program will participate in four sessions, each lasting 1.5 hours, with two group workshops per week. These workshops will cover self-control techniques and effective communication, decision-making, mindfulness, cognitive errors, and mental rehearsal. The education will be conducted by the researcher in collaboration with and under the supervision of the nursing psychology department professors. One week after completing the workshops, each participant will receive individual counseling sessions for four days, one session per week, aiming to address anger management issues and apply techniques, facilitated by a psychiatric nurse. One week after completing the individual counseling, motivational text messages aligned with the lessons will be sent daily by the researcher to the intervention group for ten days. Participants will complete the Buss and Perry Aggression Questionnaire and Social Problem-Solving Inventory immediately after the intervention and again four weeks later.
Category
Rehabilitation

2

Description
Control Group: Throughout the study, the control group will not receive any intervention. At the end of the study, they will attend one educational workshop session and receive the materials in pamphlet form.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Fatemeh(P.B.U.H) College of Nursing and Midwifery
Full name of responsible person
Mahnaz Moradi
Street address
Fatemeh(P.B.U.H) College of Nursing and Midwifery, Namazee square, Zand Blvd.
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Mohammad Hashem Hashempour
Street address
Shiraz - Zand Street, Central Building, Shiraz University of Medical Sciences, 7th floor, Vice-Chancellor for Research and Technology
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7134814336
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+98 71 3212 2430
Email
vcrdep@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
Narjes Nick
Position
Assistant professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
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Fatemeh School of Nursing and Midwifery, Namazi Square, Zand Blvd
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Person responsible for updating data

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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
Undecided - It is not yet known if there will be a plan to make this available
Informed Consent Form
Undecided - It is not yet known if there will be 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