

Clinical Trial Protocol

Iranian Registry of Clinical Trials

19 Jun 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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nurs_midwif@sums.ac.ir

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

Shiraz University of Medical Sciences

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Position

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Latest degree

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Person responsible for updating data**Contact****Name of organization / entity**

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Position

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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