

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Effectiveness of coping skills therapy on reduce of tension in patients with epilepsy

Protocol summary

Summary

The aim of this study was to determine effect of coping skills training in decreasing stress of patients with epilepsy. Inclusion criteria were both male and female, age between 18-50 years and duration of illness more than 2years. Exclusion criteria were age under 18 and more than 50 years, and duration of illness below 2 years. Participants include 60 patients with epilepsy (30 patients as experimental and 30 persons as control group) were selected from Isfahan Epilepsy Association in 2010 in Isfahan, Iran. Coping skill therapy was carried out for experimental group.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201206107339N2**
Registration date: **2012-11-02, 1391/08/12**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-11-02, 1391/08/12

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Payam Noor University, Center Tehran, Iran

Expected recruitment start date

2011-06-02, 1390/03/12

Expected recruitment end date

2011-08-03, 1390/05/12

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effectiveness of coping skills therapy on reduce of tension in patients with epilepsy

Public title

Effectiveness of stress coping training on tention of epileptic patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age between 18-50 years; duration of illness more than 2 years; Persian language. Exclusion criteria: age under 18 and more than 50 years; duration of illness below 2 years; other language except Persian.

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Randomization (investigator's opinion)

Randomized

Randomization description
Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Payam Noor University, Center Tehran, Iran

Street address

Payam Noor University, Center Tehran, Karimkhan
zand Street, Nejatollahi Avn. P233, Tehran, Iran

City

Tehran

Postal code

Approval date

2010-04-21, 1389/02/01

Ethics committee reference number

10552/1/100247/5

Health conditions studied

1

Description of health condition studied

Depression

ICD-10 code

F32.1

ICD-10 code description

In typical depressive episodes of mild, moderate or severe, reducing patient's mood, energy, and a decrease in the activity. Capacity for enjoyment, interest, and concentration decreases. Fatigue is common, even after a few minutes of effort. Sleep is u

2

Description of health condition studied

Depression

ICD-10 code

F32.0

ICD-10 code description

Two or three of the above symptoms are usually present. The patient is usually distressed by these but will probably be able to continue with most activities.

3

Description of health condition studied

Anxiety

ICD-10 code

F41.1

ICD-10 code description

Anxiety that is generalized and persistent but not restricted to, or even strongly predominating in, any particular environmental circumstances (i.e. it is

4

Description of health condition studied

Mixed Depression and Anxiety

ICD-10 code

F41.2

ICD-10 code description

This category should be used when symptoms of anxiety and depression are both present, but neither is clearly predominant, and neither type of symptom is present to the extent that justifies a diagnosis if considered separately. When both anxiety and depr

Primary outcomes

1

Description

severity of depressive symptoms

Timepoint

before ,after intervention

Method of measurement

Questionnaires

2

Description

severity of anxiety symptoms

Timepoint

before ,after intervention

Method of measurement

Questionnaires

3

Description

severity of stress-tention- symptoms

Timepoint

before ,after intervention

Method of measurement

Questionnaires

Secondary outcomes

1

Description

coping strategies

Timepoint

after intervention

Method of measurement

Questionnaire

2

Description

severity of tention

Timepoint

before after intervention

Method of measurement

Questionnaire

Intervention groups

1

Description

In intervention group: stress coping training protocol is conducted.8 sessions per week (2 hrs) continue for two months

Category

Behavior

2

Description

The control group did not receive any therapy they were on the waiting list

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Isfahan Association of Epilepsy

Full name of responsible person

Street address

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

psychosomatic Research Center,Isfahan University of Medical Sciences

Full name of responsible person

Amrollah Ebrahimi

Street address

psychosomatic Research Center,Shariati,Street,Isfahan, Iran

City

Isfahan

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

psychosomatic Research Center,Isfahan 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

Name of organization / entity

psychosomatic Reacherch Center,Isfahan University of Medical Sciences,isfahan,Iran

Full name of responsible person

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Position

assistant professor/PhD

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Fax**Email**

Web page address

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