Clinical Trial Protocol
Iranian Registry of Clinical Trials

06 Nov 2026

Investigating the effectiveness of art therapy using creative theater in reducing HIV-related stigma in nursing students

Protocol summary

Study aim
Determining the effectiveness of art therapy using creative theater in reducing HIV-related stigma in nursing students

Design
A randomized, parallel-group, open-label clinical trial with a control group conducted on 60 nursing students. Block randomization was used for allocation.

Settings and conduct
Eligible nursing students at Tehran University of Medical Sciences will be enrolled. Participants will be randomly assigned using block randomization to intervention and control groups. The study is open-label; both participants and the interventionist are aware of group allocation.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Nursing students who have acceptable information about HIV, and nursing students who have entered clinical and hospital departments. Exclusion criteria: Nursing students who are in a period of neurological and psychiatric problems and disorders, and nursing students who are undergoing treatment with neurological and psychiatric drugs and even psychotherapy and psychoanalysis.

Intervention groups
Intervention group: Nursing students at Tehran University of Medical Sciences who participate in six weekly 60-minute Creative Theater sessions. The sessions include dramatic activities and improvisation exercises aimed at reducing HIV-related stigma (Sources: Amini, 2017; Kianian). Control group: Nursing students who do not receive the intervention; after the study, the same workshop will be offered to them.

Main outcome variables
Internalized anxiety level; perceived discrimination; perceived fear of HIV transmission; HIV-related social judgment; HIV-related stigma

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250516065759N1**
Registration date: **2025-12-19, 1404/09/28**
Registration timing: **prospective**

Last update: **2025-12-19, 1404/09/28**
Update count: **0**

Registration date
2025-12-19, 1404/09/28

Registrant information
Name
Pegah Mirzapour
Name of organization / entity
Country
Iran (Islamic Republic of)
Phone
+98 21 6687 5100
Email address
pegah.mirzapour@gmail.com

Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2026-01-21, 1404/11/01
Expected recruitment end date
2026-05-21, 1405/02/31
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title

Investigating the effectiveness of art therapy using creative theater in reducing HIV-related stigma in nursing students

Public title

Investigating the effectiveness of creative theater in reducing HIV-related social stigma among nursing students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Nursing students who have acceptable knowledge about HIV. Nursing students who have entered clinical and hospital departments.

Exclusion criteria:

Nursing students who are in a period of neurological and psychiatric problems and disorders. Nursing students who are undergoing treatment with neurological and psychiatric drugs and even psychotherapy and psychoanalysis.

Age

No age limit

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

Initially, nursing students will be selected through random sampling. Then, participants will be allocated to the intervention and control groups using the block randomization method. In this 60-participant clinical trial (30 in the intervention group and 30 in the control group), 10 blocks of six participants each will be created, with three participants assigned to the intervention group and three to the control group within each block. The block random sequence will be generated using Random Allocation Software (version 1.0, Saghaei, 2004).

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 for Research of Imam Khomeini Hospital Complex

Street address

Imam Khomeini Hospital Complex, End of Keshavarz Boulevard

City

Tehran

Province

Tehran

Postal code

1419733141

Approval date

2024-12-31, 1403/10/11

Ethics committee reference number

IR.TUMS.IKHC.REC.1403.431

Health conditions studied

1

Description of health condition studied

HIV

ICD-10 code

B20

ICD-10 code description

Human immunodeficiency virus [HIV] disease

Primary outcomes

1

Description

Social stigma associated with HIV

Timepoint

The study outcomes will be measured at two time points: before the intervention (pre-test) and two weeks after the completion of the intervention (post-test).

Method of measurement

HIV-related social stigma assessment questionnaire

2

Description

Internalized anxiety

Timepoint

The study outcomes will be measured at two time points: before the intervention (pre-test) and two weeks after the completion of the intervention (post-test).

Method of measurement

HIV-related social stigma assessment questionnaire

3

Description

Perceived discrimination

Timepoint

The study outcomes will be measured at two time points: before the intervention (pre-test) and two weeks after the completion of the intervention (post-test).

Method of measurement
HIV-related social stigma assessment questionnaire

4

Description
Perceived fear of HIV transmission
Timepoint
The study outcomes will be measured at two time points: before the intervention (pre-test) and two weeks after the completion of the intervention (post-test).
Method of measurement
HIV-related social stigma assessment questionnaire

5

Description
HIV-related social judgment
Timepoint
The study outcomes will be measured at two time points: before the intervention (pre-test) and two weeks after the completion of the intervention (post-test).
Method of measurement
HIV-related social stigma assessment questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group:The intervention group consists of nursing students at Tehran University of Medical Sciences who participate in six group sessions of creative theatre. The sessions are held once a week, with each session lasting 60 minutes. The sessions are facilitated by the principal investigator, who has academic training in theatre and experience in conducting creative theatre and working with student groups. The sessions are conducted in an appropriate space that allows for flexible seating arrangements and sufficient room for group movement, with the intervention focusing on the body, movement, and group interaction. The session content includes dramatic activities, role-playing, and improvisational exercises designed based on pedagogical theatre (Rahmat Amini, 2017) and creative theatre (Davoud Kianian). The content covers group introduction and trust-building, experiencing different roles and social situations related to HIV, and confronting stigmatizing situations in healthcare settings through role-playing.
Category
Behavior

2

Description
Control group: Nursing students who receive no intervention during the study period. After the study is completed, a similar workshop will be offered to this group to ensure ethical standards are met.
Category
Behavior

Recruitment centers

1

Recruitment center
Name of recruitment center
Iranian Research Center for HIV/AIDS
Full name of responsible person
Ladan Abbasian
Street address
Building 6 (Infectious Diseases Building), Imam Khomeini Hospital Complex, End of Keshavarz
City
Tehran
Province
Tehran
Postal code
1419733141
Phone
+98 21 6658 1583
Email
la.abbasian@gmail.com

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ramin Kordi
Street address
7th Floor, Central Organization, Tehran University of Medical Sciences, Corner of Ghods Street, Keshavarz Boulevard, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1417653761
Phone
+98 21 6649 2271
Email
vcr@tums.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tehran 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
Tehran University of Medical Sciences
Full name of responsible person
Ladan Abbasian
Position
Associate Professor
Latest degree
Subspecialist
Other areas of specialty/work
Infectious diseases
Street address
Imam Khomeini Hospital, Nosrat Street, Keshavarz Boulevard, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1419733141
Phone
+98 21 6658 1583
Email
la.abbasian@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ladan Abbasian
Position
Associate Professor
Latest degree
Subspecialist
Other areas of specialty/work
Infectious diseases
Street address
Imam Khomeini Hospital, Nosrat Street, Keshavarz Boulevard, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1419733141
Phone
+98 21 6658 1583
Fax
Email
la.abbasian@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Ladan Abbasian
Position
Associate Professor
Latest degree
Subspecialist
Other areas of specialty/work
Infectious diseases
Street address
Imam Khomeini Hospital, Nosrat Street, Keshavarz Boulevard, Tehran, Iran
City
Tehran
Province
Tehran
Postal code
1419733141
Phone
+98 21 6658 1583
Fax
Email
la.abbasian@gmail.com
Web page address

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
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
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
After completing the research project and submitting the final report
To whom data/document is available
Researchers working in academic and scientific institutions
Under which criteria data/document could be used
After completing the research project and submitting the final report
From where data/document is obtainable
Scientific Officer of the Research Project

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

After completing the research project and submitting the final report

Comments