Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 2026

Comparing the effectiveness of modern and ultra-modern treatments on anger and aggression in Shahrekord prison prisoners

Protocol summary

Study aim
Determining and comparing the average anger score, verbal aggression component score, physical aggression component score, aggression score (hostility component), and aggression score (anger component) of Shahrekord prison prisoners before and after training in the intervention groups.

Design
A parallel-group, single-blind, randomized, clinical trial on 122 patients. A sealed card lottery will be used for randomization.

Settings and conduct
The study population is all male prisoners in Shahrekord Prison. The educational intervention will be presented in the form of 8 one-hour training sessions over eight weeks using lecture, group discussion, role play, and question-and-answer methods for both groups of prisoners. The sessions will focus on aggression and anger management skills with a dialectical behavior therapy and narrative therapy approach.

Participants/Inclusion and exclusion criteria
The inclusion criteria are (male prisoners, prison history of less than 2 years, consent to enter the study) and the exclusion criteria are (history of mental disorders based on the prisoner's file, speech and hearing disorders, use of narcotics or psychotropic drugs, committing serious crimes).

Intervention groups
Dialectical Behavior Therapy Group (Intervention Group 1) Narrative Therapy Group (Intervention Group 2)

Main outcome variables
The mean score of anger and aggression

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20180722040555N4**
Registration date: **2025-06-20, 1404/03/30**
Registration timing: **prospective**

Last update: **2025-06-20, 1404/03/30**
Update count: **0**

Registration date
2025-06-20, 1404/03/30

Registrant information

Name
Zohreh Karimiankakolaki
Name of organization / entity
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Iran (Islamic Republic of)
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Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2025-07-23, 1404/05/01

Expected recruitment end date
2025-10-23, 1404/08/01

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparing the effectiveness of modern and ultra-modern treatments on anger and aggression in Shahrekord prison prisoners

Public title
The effectiveness of modern and ultra-modern

treatments on anger and aggression in prisoners

Purpose
Supportive

Inclusion/Exclusion criteria

Inclusion criteria:
Male prisoners Prison history less than 2 years Consent to enter the study

Exclusion criteria:
A history of mental disorders based on the prisoner's record, Speech and hearing disorders Use of narcotics or psychotropic drugs Committing serious crimes

Age
From **20 years** old

Gender
Male

Phase
N/A

Groups that have been masked

- Participant

Sample size
Target sample size: **122**

Randomization (investigator's opinion)
Randomized

Randomization description
A list of participants is prepared and each person is assigned a number. Each number is written on a piece of paper and the papers are placed in a container. Randomly, the number of papers is taken from the container, equal to the sample size, and the people with the selected numbers are assigned to the intervention group 1, and the rest are assigned to the intervention group 2.

Blinding (investigator's opinion)
Single blinded

Blinding description
For blinding, participants are divided into two groups, coded in sealed envelopes (for example, with code 1 or 2), so that the participant does not know which group he is in.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Falavarjan Branch

Street address
Basij Boulevard, University Boulevard, Islamic Azad University of Falavarjan

City
Falavarjan

Province
Isfehan

Postal code
8451731167

Approval date
2025-05-17, 1404/02/27

Ethics committee reference number
IR.IAU.FALA.REC.1404.002

Health conditions studied

1

Description of health condition studied
Anger and aggression

ICD-10 code
R45.4

ICD-10 code description
Irritability and anger

Primary outcomes

1

Description
Mean score of anger

Timepoint
Before the intervention and 2 months after the intervention

Method of measurement
Novaco Anger Questionnaire (AI)

2

Description
Mean score of aggression

Timepoint
Before the intervention and 2 months after the intervention

Method of measurement
Bass and Perry Aggression Questionnaire (AQ)

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Dialectical behavior therapy group (Intervention group 1) The intervention will be delivered using dialectical behavior therapy based on Linehan’s (1993) Dialectical Behavior Therapy Protocol. The first intervention group will receive 8 two-hour weekly sessions for 4 weeks (presented in groups during the following sessions). Each session will include an introduction to the goals and topics of discussion for that session, in-session discussions and exercises, as well as

exercises outside of the session. In addition, from the second session onwards, each session begins with a five-minute mindfulness exercise through breathing and then a review of the exercises related to the previous session: Session 1: Initial introduction and introduction, explanation of the research goals, conclusion of the therapeutic contract, communication and conceptualization of the problem, training in the skill of tolerating turmoil) Basic acceptance and attention-redirecting skills, coping and relaxation. Session 2: Review of basic acceptance forms, training and group practice of conscious breathing, relaxation training, complete focus on the present, identification of thoughts and emotions and the ability to pass or focus on them, moment-to-moment focus of awareness. Session 3: Combining the practice of sign-dependent relaxation with the technique of visualization from a safe place, training in ten types of cognitive distortions, providing a written summary to reduce emotion. Session 4: Training in practical or judgmental mindfulness skills (using the wise mind, recording Negative judgments and the initiating mind, effective work and training an appropriate awareness of attention), training on the five barriers to awareness of attention and ways to deal with them. The fifth session is training in the skills of holistic thinking, planning and creating opposite emotions and action (analyzing behavior and finding solutions and creating changes in facial position and body posture). The sixth session is training in effective communication skills (active and bold listening, making a simple request, saying no skills). The seventh session is training in criticism skills, making a request with high conflict and resistance (obfuscation, checking, bold delaying techniques), negotiation techniques. The eighth session is training in creating long-term positive emotional experiences by working on the three areas of life goals, relationships and comprehensive mindfulness towards positive experiences, training in releasing emotional suffering through accepting emotions and changing negative emotions through acting opposite to the emotion and feedback.

Category

Behavior

2

Description

Intervention group: Narrative therapy group (Intervention group 2)The narrative therapy group will prepare a training course based on the White and Epston (1990) treatment plan. The training will be provided in 8 two-hour sessions, one session per week, at the discretion of the psychology professors.First session: Introduction and familiarization with the patient, conducting a pre-test, specifying the goals of the treatment, stating the rules of the session, examining anger and aggression and related problems, introducing narrative therapy, case studies, and explaining problematic stories.Second session: Objectification and externalization of the problem, naming the problem, identifying problematic words, and beginning metaphor-making.Third session: Continuing metaphor-making, examining problematic metaphors and their relationship to the life narrative, and taking a stance toward the problem, beginning deconstruction.Fourth session: Destruction phase: Deconstruction of the problem through life exceptions, narrative analysis, attitude toward the problem, and the mutual effects of the individual and the problem.Session 5: Phase of reconstruction of new metaphors, mental representations of life situations with a new metaphor, creation of reality by the individual and beginning of narrative.Session 6: Enrichment of the new story using unique strategies, examining the story and giving it meaning for the future.Session 7: Consolidation phase: Living in the new story, answering questions and rewriting past stories.Session 8: Examining the meaning of life, external documentation, enrichment and encouraging the individual to continue the story, questions and answers, receiving feedback.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Shahrekord Central Prison

Full name of responsible person

Mojtaba Khoram

Street address

Shariati Street, Chaharmahal and Bakhtiari Province Prisons Organization

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Chaharmahal and Bakhtiari Province Prisons Organization

Full name of responsible person

Mojtaba Khoram

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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

Chaharmahal and Bakhtiari Province Prisons Organization

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

Industry

Person responsible for general inquiries

Contact

Name of organization / entity

Islamic Azad University

Full name of responsible person

Zohreh Karimiankakolaki

Position

Associate professor

Latest degree

Ph.D.

Other areas of specialty/work

Health Promotion

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Full name of responsible person

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Position

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Latest degree

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Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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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

Not applicable

Informed Consent Form

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

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Some data, such as information related to the main outcome or the like, can be shared after being de-

identified.

When the data will become available and for how long

Access period starts 6 months after results are published.

To whom data/document is available

محققین شاغل در موسسات دانشگاهی و علمی

Under which criteria data/document could be used

To perform advanced analyses on data and report results

From where data/document is obtainable

Principal Investigator Zohreh Karimiankakolaki Zohrehkarimian68@gmail.com

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

Send an email to the principal investigator stating the reasons and conditions and respond within one working week.

Comments