

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effectiveness of instruction cognitive Behavioral Stress Management on ;happiness;in infertile Women.

Protocol summary

Summary

The present study aims to analyze the effects of stress management education (cognitive- behavioral) on infertile women's happiness. The present study is a semi-experimental survey done on a witness group with the use of pre and post tests. The related statistical groups are consisted of a number of infertile women recourse to Shiraz sterile center in summer 2011. For this reason, 24 infertile women having high stress scores with criteria appropriate enough to be part of the present inquiry were chosen. The chosen women were divided into two groups, one called experiment group, and the other witness group with 12 persons each. The group stress management education (cognitive- behavioral) was performed during a period of 10 weekly sessions. The happiness questionnaire in two phases of pre and post tests were filled out.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201203317981N3**
Registration date: **2013-07-08, 1392/04/17**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2013-07-08, 1392/04/17

Registrant information

Name

Ali Reza Feili

Name of organization / entity

Payamnoor university

Country

Iran (Islamic Republic of)

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+98 71 1654 1570

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research. University of Payame Noor

Expected recruitment start date

2011-04-04, 1390/01/15

Expected recruitment end date

2011-08-21, 1390/05/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effectiveness of instruction cognitive Behavioral Stress Management on ;happiness;in infertile Women.

Public title

The Effectiveness of Stress Management on ;happiness; in infertile Women.

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:Female sex; age range: 40_25 years; education: High school; treatment: IVF; Infertility duration between 2 to 10 years; Exclusion criteria: History of hospitalization due to mental disorders

Age

From **25 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 24

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids****1****Registry name**

irandoc

Secondary trial Id

33/18519

Registration date

1389-09-15, 769/01-186

Ethics committees**1****Ethics committee****Name of ethics committee**

University of Payame Noor

Street address

ostad nejatollahi street

City

tehran

Postal code

71879606

Approval date

2011-01-31, 1389/11/11

Ethics committee reference number

44/3453

Health conditions studied**1****Description of health condition studied**

Infertility

ICD-10 code

f30-f39

ICD-10 code description

Mood [affective] disorders

Primary outcomes**1****Description**

happiness

Timepoint

After instruction

Method of measurement

Oxford happiness questionnaire

Secondary outcomes

empty

Intervention groups**1****Description**

"In experimental group,(12 persons) stress management education (cognitive- behavioral) was performed during a period of 10 weekly sessions. The happiness questionnaire in two phases of pre and post tests were filled out.

Category

Behavior

2**Description**

For control group (12 persons), during the trial did not apply any psychological training. But, The happiness questionnaire in two phases of pre and post tests were filled out." "

Category

Treatment - Drugs

Recruitment centers**1****Recruitment center****Name of recruitment center**

Infertil Institute of DR. ROSTAMI

Full name of responsible person

Fatemeh Hashemi

Street address

zargari street

City

shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

University of Payame Noor

Full name of responsible person

Fatemeh Hashemi

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South Street Nejatollahi, Tehran University of Payamnoor

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tehran

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source
University of Payame Noor

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
University of Payame Noor

Full name of responsible person
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Position
PHD

Other areas of specialty/work

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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