

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jun 2026

The effectiveness of life skills training on reducing burn patients' depression, anxiety and stress

Protocol summary

Summary

We conducted this study to evaluate the effect of life skills training on depression, anxiety and stress in patients with burn scars. This study is a randomized clinical trial conducted on 30 patients. Inclusion criteria: general health, disability, disfigurement and scarring from burns on exposed areas of the body, education at least diploma, aged 18 to 50 years, passing at least one month after discharge from the hospital, complete the form informed consent Exclusion criteria: having a severe mental disorder, participation in other programs of improving the quality of life at the same time, more than three days of absence from training sessions. Patients who meet the inclusion criteria are divided into two groups using the table of random numbers. Patients in the intervention group are taught life skills over 12 sessions of 2 hours, 1 time per week. Life skills training package is based on the ten dimensions of life skills of the World Health Organization. Training in the intervention group is conducted by dominant topics Master of psychology. however, in the control group we do not have training. Depression, anxiety and stress before the first and after the last session of training were evaluated in all patients by using questionnaire and then two groups were compared to each other.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201704108177N17**

Registration date: **2017-04-14, 1396/01/25**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-04-14, 1396/01/25

Registrant information

Name

Mohammad Javad Fatemi

Name of organization / entity

Burn Research Center of Tehran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 8888 4275

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mj-fatemi@sina.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Iran University of Medical Sciences

Expected recruitment start date

2017-05-05, 1396/02/15

Expected recruitment end date

2017-12-06, 1396/09/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of life skills training on reducing burn patients' depression, anxiety and stress

Public title

The effectiveness of life skills training on reducing depression, anxiety and stress

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: general health, disability, disfigurement and scarring from burns on exposed areas of the body, education at least diploma, aged 18 to 50

years, passing at least one month after discharge from the hospital, completing consent form the exclusion criteria: having a severe mental disorder, participation in other programs of improving the quality of life at the same time, more than three days of absence from training sessions

Age

No age limit

Gender

Both

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: **30**

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

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Iran University of Medical Sciences

Street address

Central Department of Iran University of Medical Sciences, Tehran

City

Tehran

Postal code

Approval date

2016-12-18, 1395/09/28

Ethics committee reference number

IR.IUMS.REC 1395.95-03-129-28114

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

F43.1

ICD-10 code description

Post-traumatic stress disorder

Primary outcomes

1

Description

Depression

Timepoint

Before the first and after the last training session

Method of measurement

Depression, Anxiety and Stress Scale DASS

2

Description

Anxiety

Timepoint

Before the first and after the last training session

Method of measurement

Depression Anxiety Stress Scale DASS

3

Description

Stress

Timepoint

Before the first and after the last training session

Method of measurement

Depression Anxiety Stress Scale DASS

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: included 12 sessions of life skills training for 2 hours, 1 time per week by the dominant topics Master of psychology

Category

Behavior

2

Description

Control group: patients do not participate in life skills training sessions

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Motahari Hospital

Full name of responsible person

Sima Sadat sharoknia

Street address

Shahid Motahari Burn Hospital, Rashid Yasami Ave,
Vali Asr Ave, Tehran

City

Tehran

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Ali Javad Mousavi

Street address

Central Department of Iran University of Medical
Sciences, Tehran

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Iran 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

Motahari Burn Hospital

Full name of responsible person

Sima Sadat Sharoknia

Position

Master of Psychology

Other areas of specialty/work

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Person responsible for scientific inquiries

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Name of organization / entity

Burn Research Center

Full name of responsible person

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Position

Plastic and Reconstructive surgeon

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