

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Jun 2026

Effect of group psychoeducational programme on attitude toward mental illness in families of patients with schizophrenia and bipolar disorders: a randomized clinical trial

Protocol summary

Summary

(1) Objectives: The aim of this study is to determine the effect of group psychoeducational program on attitude toward mental illness in families of patients with schizophrenia and bipolar disorders. (2) Design: This research is a randomized clinical trial study (3) Setting and conduct: The sample size of this study has been estimated 80 families for schizophrenic patients group with 40 persons in control group and 40 persons in experimental group allocated randomly and 74 families for bipolar patients group with 37 families in control group and 37 families in experimental group allocated randomly. The data for this study will be gathered through Opinion about mental illnesses questionnaire. (4) Participants inclusion criteria: having willingness to participate in the study, literacy, being main caregiver of and responsible for patients with bipolar and schizophrenia disorders, not having a major psychiatric problem. (5) Intervention: First, the pretest will be done in both groups. The families of experimental group will receive 9 continuous 90-minutes psychoeducational sessions but the control group will not receive any intervention. Finally, the posttest will be done for both groups and the results will be compared. (6) The main outcome variable: Improving the attitude of families toward mental illness.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201509238359N2**

Registration date: **2015-10-02, 1394/07/10**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-10-02, 1394/07/10

Registrant information

Name

Farnaz Rrahmani

Name of organization / entity

Tabriz nursing and midwifery school

Country

Iran (Islamic Republic of)

Phone

+98 41 1479 6770

Email address

frahmani@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Research center of psychiatry and behavioral sciences, Tabriz University of Medical Sciences

Expected recruitment start date

2014-03-21, 1393/01/01

Expected recruitment end date

2014-09-23, 1393/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of group psychoeducational programme on attitude toward mental illness in families of patients with schizophrenia and bipolar disorders: a randomized clinical trial

Public title

Effect of psychoeducation on attitude towards mental

illness in families of patients with bipolar and schizophrenia disorders

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: having willingness to participate in the study; Being main caregiver of and responsible for patients with bipolar and schizophrenia disorders; Not having a major psychiatric problem; Literacy. Exclusion criteria: Not having willingness to participate in the study; Having physical or mental disorder that hinder the person's presence in the psychoeducation sessions.

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Random assignment of subjects into two groups: First, subjects' names will be written on paper and will be read randomly, then the subjects will be randomly divided into two groups of experimental and control.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Tabriz University of Medical Sciences, Vice chancellor for research

Street address

Third floor, central building- No 2 of Tabriz University of Medical Sciences, vice chancellor for research, Goltasht street, Tabriz, Iran.

City

Tabriz

Postal code

Approval date

2013-03-05, 1391/12/15

Ethics committee reference number

96162

Health conditions studied

1

Description of health condition studied

Attitude toward mental illness

ICD-10 code

Z63.7

ICD-10 code description

Other stressful life events affecting family and household

Primary outcomes

1

Description

Attitude toward mental illness

Timepoint

Before intervention and after intervention

Method of measurement

Opinion about mental illnesses questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: First, the pretest will be done. The experimental group will participate in 9 sessions of psychoeducation managed by the researcher. During the sessions, the researcher will try to improve the attitude of the families toward the mental illness. Then, the posttest will be done and the results of the pretest and the posttest will be compared.

Category

Other

2

Description

Control group: This group will not receive any intervention. First, the pretest will be done. After completion of psychoeducation sessions for experimental group, the difference between pretest and posttest will be measured and compared with each other.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Razi hospital of Tabriz

Full name of responsible person

Farnaz Rahmani

Street address

Elgholi street, Razi hospital of Tabriz, Tabriz, Iran

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Ali Fakhari Dehkharghani

Street address

Research Center of clinical psychiatric, Education unit, Elgholi street, Razi hospital of Tabriz, Tabriz, Iran

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tabriz 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

Tabriz University of Medical Sciences

Full name of responsible person

Farnaz Rahmani

Position

PhD student in nursing

Other areas of specialty/work

Street address

Elgoli street, Tabriz Razi Hospital, Tabriz, Iran.

City

Tabriz

Postal code

Phone

+98 413804486

Fax

Email

farnazrahmani58@gmail.com

Web page address

Person responsible for scientific

inquiries

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Farnaz Rahmani

Position

PhD student in nursing

Other areas of specialty/work

Street address

Elgoli street, Tabriz Razi Hospital, Tabriz, Iran.

City

Tabriz

Postal code

Phone

+98 41333804486

Fax

Email

farnazrahmani58@gmail.com

Web page address

Person responsible for updating data

Contact

Name of organization / entity

Tabriz University of Medical Sciences

Full name of responsible person

Farnaz Rahmani

Position

PhD student in nursing

Other areas of specialty/work

Street address

Elgoli street, Tabriz Razi Hospital, Tabriz, Iran.

City

Tabriz

Postal code

Phone

00

Fax

Email

fsrnazrahmani58@gmail.com

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