

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 Jun 2026

Effect of emotional intelligence education versus no education on anxiety in hemodialysis patients: a randomized clinical trial

Protocol summary

Summary

Objectives: To assess the effect of emotional intelligence education versus no education on anxiety in hemodialysis patients. Design: a randomized clinical trial. Setting and conduct: The eligible hemodialysis patients who will refer to Shahid Rahimi Hospital during the study period will be enrolled into the trial. Inclusion criteria: (a) age of 18 to 65 years; (b) being hemodialyzed for at least 3 months; (c) not receiving anti-anxiety medications; (d) ability to listen and speak. Exclusion criteria: (a) need to kidney transplantation or peritoneal dialysis. Intervention: Emotional intelligence education through face-to-face, speech, pamphlet, question and answer in 8 sessions, once a week, for 2 months. Control: Not receiving emotional intelligence education. Primary outcome: Measuring anxiety level after 2 months using Spielberger standard questionnaire. Secondary outcome: Nothing.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201506019014N64**
Registration date: **2015-06-06, 1394/03/16**
Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-06-06, 1394/03/16

Registrant information

Name

Jalal Poorolajal

Name of organization / entity

Department of Epidemiology & Biostatistics Hamadan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice-chancellor for Research the Technology, Hamadan University of Medical Sciences

Expected recruitment start date

2015-03-06, 1393/12/15

Expected recruitment end date

2015-05-04, 1394/02/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of emotional intelligence education versus no education on anxiety in hemodialysis patients: a randomized clinical trial

Public title

Effect of emotional intelligence education versus no education on anxiety in hemodialysis patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: (a) age of 18 to 65 years; (b) being hemodialyzed for at least 3 months; (c) not receiving anti-anxiety medications; (d) ability to listen and speak. Exclusion criteria: (a) need to kidney transplantation or peritoneal dialysis.

Age

From **18 years** old to **65 years** old

Gender

Male

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **74**

Randomization (investigator's opinion)

Randomized

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

Not blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features

Randomization: random assignment of the patients to the intervention and control groups one at a time.

Blinding: Impractical.

Secondary Ids

empty

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

Research Ethic Committee of Hamadan University of Medical Sciences

Street address

Vice-chancellor of Research the Technology,
Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

Hamadan

Postal code

6517838695

Approval date

2014-03-05, 1392/12/14

Ethics committee reference number

D/P/16/35/9/1696

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

Hemodialysis

ICD-10 code

Z49.1

ICD-10 code description

Extracorporeal dialysis

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

Measuring anxiety level

Timepoint

after 2 months

Method of measurement

using Spielberger standard questionnaire

Secondary outcomes**1****Description**

Nothing

Timepoint

Nothing

Method of measurement

Nothing

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

Emotional intelligence education through face-to-face, speech, pamphlet, question and answer in 8 sessions, once a week, for 2 months

Category

Treatment - Other

2**Description**

Not receiving emotional intelligence education

Category

N/A

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

Shahid Rahimi Hospital

Full name of responsible person

Fatemeh Ghasemi

Street address

Shahid Rahimi Hospital, Azadi Ave.

City

Khoramabad

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

Vice-chancellor for Research the Technology,

Hamadan University of Medical Sciences

Full name of responsible person

Dr Saeid Bashirian

Street address

Hamadan University of Medical Sciences, Shahid Fahmideh Ave

City

Hamadan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Vice-chancellor for Research the Technology, Hamadan 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

Shahid Rahimi Hospital

Full name of responsible person

Fatemeh Ghasemi

Position

Nursing student

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