Clinical Trial Protocol
Iranian Registry of Clinical Trials

10 Nov 2026

The Effect of Appling Peer Group Designed Education Plan on Stress, Anxiety and Depression of Multiple Sclerosis Patient

Protocol summary

Summary

Introduction: Multiple sclerosis is a chronic and progressive disease that for some reasons, including unpredictability and incurability causes stress, anxiety and depression in patients. Therefore this study was designed to examine the impact of peer education program on stress, anxiety and depression in patients with multiple sclerosis. Method: This research is a semi-experimental study that includes two tests and control groups and non-random sampling that sample size in each group was 55 individuals. Data collection tool was questionnaire DASS21 that was to asses' patients stress, anxiety and depression before and after 4 months and were completed by both groups. After preparing the peer group, six training sessions by peer group for test group was held during two months.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201202279154N1**
Registration date: **2012-06-11, 1391/03/22**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2012-06-11, 1391/03/22

Registrant information

Name

Ali Dehghani

Name of organization / entity

Tarbiat Modares University

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Tarbiat Modares University

Expected recruitment start date

2011-02-26, 1389/12/07

Expected recruitment end date

2011-06-21, 1390/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Appling Peer Group Designed Education Plan on Stress, Anxiety and Depression of Multiple Sclerosis Patient

Public title

The effects peer group education on psychological symptoms in multiple sclerosis patients

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1. Based on clinical findings, laboratory studies with MS are diagnosed by specialists. 2. Age is 20 to 45 years. 3. Expanded disability status scale score of the patient through the case study (EDSS) samples of 5 / 5-0 (a state of mild and moderate disability, illness) 4. Are literate. 5. At least 6 months have the disease. Exclusion criteria: 1. Patients with specific training in relation to other lifestyles, ways of coping with stress, anxiety and depression, spend, 2. To be suffering from other chronic disorders. 3. Certain changes in the lives of patients during the intervention or treatment process

may have 4. Patients do not complete during the entire follow up period.

Age
From **20 years** old to **45 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **110**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
tarbiat modares university

Street address
tarbiat modares university, jalal al ahmad, tehran

City
tehran

Postal code
1411845561

Approval date
2010-10-09, 1389/07/17

Ethics committee reference number
52/59729

Health conditions studied

1

Description of health condition studied
multiple sclerosis

ICD-10 code
G30 - G32

ICD-10 code description
Other degenerative diseases of the nervous system

Primary outcomes

1

Description
Anaxeity

Timepoint
before internention and after 4 months intervention

Method of measurement
questionnaire DASS21

2

Description
Depression

Timepoint
before internention and after 4 months intervention

Method of measurement
questionnaire DASS21

3

Description
Stress

Timepoint
before internention and after 4 months intervention

Method of measurement
questionnaire DASS21

Secondary outcomes

1

Description
Physical illness problems

Timepoint
Before intervention and 4 months after intervention

Method of measurement
Self - administraded questionnaire

Intervention groups

1

Description
The intervention used in this study were trained by the peer group that After preparing the peer group, six training sessions by peer group for test group was held during two months

Category
Behavior

2

Description
For the control group received no intervention

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Center for Iranian MS Society
Full name of responsible person
multiple sclerosis patients
Street address
Center for Iranian MS Society, tehran
City
tehran

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Tarbiat Modares University
Full name of responsible person
Mohammad Mosavi
Street address
Research assistance, Building No. 1, School of Medicine, tarbiat modares university, jalal al ahmad street, tehran (mr.mosavi)
City
Tehran
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Tarbiat Modares University
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
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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