

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Oct 2026

Evaluating of Health Improvement Program in Caregivers of Patients with Schizophrenia based on Watson' Theory

Protocol summary

Study aim

Health Improvement in caregivers of patients with schizophrenia

Design

This study will be a randomized clinical trial with a four-group solomon design, involving 72 participants, each group with 18 participants. In this way, after selecting the individuals who meet eligibility criteria, the allocation of participants to two groups will be done by simple randomization using a table of random numbers. Again, in the same way, each group's individuals are assigned to the intervention and control groups. The per-test will be held for the intervention group1 and control group1. Intervention groups will receive intervention program in addition to routine care. During the study, the control groups will receive only regular care. In the end, the post-test will be performed for all four groups.

Settings and conduct

Individual counseling- EbneSina psychiatric Hospital in Shiraz, Affiliated to Shiraz University of Medical Sciences.

Participants/Inclusion and exclusion criteria

Participants are caregivers of patients with schizophrenia; inclusion criteria: Over 18 years old, Main family caregiver of patients with schizophrenia for at least one year; Exclusion criteria: Unable to understand the study procedures; Under treatment for mental illnesses.

Intervention groups

Intervention group1: include five sessions of 1.5 to two hours of individual counseling with aiming identifying and satisfying the health needs; Intervention group 2: five sessions of 1.5 to two hours of individual counseling with aiming identifying and satisfying the health needs. Control group1: will receive routine care during the study; Control group 2: receive routine care during the study.

Main outcome variables

Outcomes will include improving well-being and reducing the burden of care in caregivers of patients with

schizophrenia.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20111105008011N2**

Registration date: **2021-04-11, 1400/01/22**

Registration timing: **prospective**

Last update: **2021-04-11, 1400/01/22**

Update count: **0**

Registration date

2021-04-11, 1400/01/22

Registrant information

Name

shahpar Bagheri

Name of organization / entity

Shiraz university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1647 4254

Email address

shbagheri@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2021-04-21, 1400/02/01

Expected recruitment end date

2021-06-21, 1400/03/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluating of Health Improvement Program in Caregivers of Patients with Schizophrenia based on Watson' Theory

Public title

Evaluating of Health Improvement Program in Caregivers of Patients with Schizophrenia based on Watson' Theory

Purpose

Supportive

Inclusion/Exclusion criteria**Inclusion criteria:**

Over 18 years old Main family caregiver of patients with schizophrenia for at least one year

Exclusion criteria:

Unable to understand the study procedures Under treatment for mental illnesses

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

First, we will contact individuals who meet eligibility criteria from whose information is recorded in the psychiatric center. We will invite 72 people to a briefing session and obtaining informed consent. (the number of participants has been calculated with the Med-calc statistical software with 80% power and 5% error and considering a possible drop of 20%). In the next step, we will consider a cod for each person. Then, for a simple random assignment with a random number table, participants are divided into two groups (by starting sampling from a point on the right side of a line of the table based on a random sequence such as even and odd numbers). Again, the two groups will randomly be divided into intervention and control groups (Solomon four-group design). In this way, we will have four groups of 18 people (two intervention groups and two control groups).

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**

Ethics committee of Shiraz University of Medical Sciences

Street address

School of Nursing and Midwifery, Nemazee Square, Zand St.

City

Shiraz

Province

Fars

Postal code

71936-13119

Approval date

2019-06-09, 1398/03/19

Ethics committee reference number

IR.SUMS.REC.1398.574

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

Caregivers of schizophrenia patients

ICD-10 code

F20

ICD-10 code description

Schizophrenia

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

Well-being

Timepoint

Before and four weeks after the intervention

Method of measurement

Caregiver well-being Scale

Secondary outcomes

empty

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

Intervention group 1: The intervention program includes 5 sessions of 1.5 to two hours of individual counseling in 5 weeks. Session 1: Aiming to improve self-awareness by teaching mindfulness, self-reflection, and time diary; Session 2: Identifying and Satisfying Psychological needs by training: Stress Management, Problem Solving; Session 3: Identifying and meeting physical needs: self-care and lifestyle promotion; Session 4: Identifying and Satisfying family and social communication needs:

teaching communication skills, promote coexistence;
Session 5: Management of schizophrenia. The participant is required to record her/his experiences and performance in the worksheet. The worksheets will be reviewed and given feedback in the next session.

Category

Lifestyle

2

Description

Intervention group 2: The intervention program includes 5 sessions of 1.5 to two hours of individual counseling in 5 weeks. Session 1: Aiming to improve self-awareness by teaching mindfulness, self-reflection, and time diary; Session 2: Identifying and Satisfying Psychological needs by training: Stress Management, Problem Solving; Session 3: Identifying and meeting physical needs: self-care and lifestyle promotion; Session 4: Identifying and Satisfying family and social communication needs: teaching communication skills, promote coexistence; Session 5: Management of schizophrenia. The participant is required to record her/his experiences and performance in the worksheet. The worksheets will be reviewed and given feedback in the next session.

Category

Lifestyle

3

Description

Control group 1: During the study, control group will receive only routine care. After the study, the intervention program will be provided to the control group.

Category

Lifestyle

4

Description

Control group 2: During the study, control group will receive only routine care. After the study, the intervention program will be provided to the control group.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Ebnesina Hospital

Full name of responsible person

Shahpar Bagheri

Street address

Hafez street

City

Shiraz

Province

Fars

Postal code

۷۶۵۴۱-۷۱۴۶۶

Phone

+98 71 3228 9601

Fax

+98 71 3228 0236

Email

sinahosp@sums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Deputy of research, Shraz University of Medical Sciences

Street address

Zand street

City

Shiraz

Province

Fars

Postal code

۱۴۳۳۶ - ۷۱۳۴۸

Phone

+98 71 3230 5410

Email

info@sums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Shahpar Bagheri

Position

Nursing PhD Student

Latest degree

Master

Other areas of specialty/work

Nursery
Street address
Zand Street
City
Shiraz
Province
Fars
Postal code
713451359
Phone
(+98 71) 36 47 42 54-8
Email
shbagheri@sums.ac.ir

Person responsible for scientific inquiries

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Ladan Zarshenas
Position
Associate Professor of Medical and Nursing Education
Latest degree
Ph.D.
Other areas of specialty/work
Medical Education
Street address
Zand street
City
Shiraz
Province
Fars
Postal code
713451359
Phone
(+98 71) 36 47 42 54-8
Email
zarshenasster@gmail.com

Person responsible for updating data

Contact

Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Shahpar
Position
Ph.D Student
Latest degree

Master
Other areas of specialty/work
Nursery
Street address
Zand street
City
Shiraz
Province
Fars
Postal code
713451359
Phone
(+98 71) 36 47 42 54-8
Email
shbagheri@sums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

IPD, Analysis, Clinical trial study report

When the data will become available and for how long

From one month after the end of the study

To whom data/document is available

Researchers and Clinical Practitioners

Under which criteria data/document could be used

For clinical and research use

From where data/document is obtainable

Ladan Zarshenas

What processes are involved for a request to access data/document

By request, explanation and sending via email

Comments