

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Feb 2026

Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Protocol summary

Study aim

The effect of scheduled online video meeting on anxiety, stress and depression in patients with COVID 19

Design

Clinical trial with control group, with parallel groups, double blind, randomized, with a sample size of 30

Settings and conduct

This study was performed on patients with COVID-19 who were admitted to Torbat Heydariyeh Hospital on the 9 day. On the first and second day of hospitalization in the COVID-19 support ward, video calls in the morning, evening and night shifts between the patient and the patient's family are made by the researcher's tablet in the ward and the patient's family's smartphone at home.

Participants/Inclusion and exclusion criteria

Inclusion criteria: COVID-19 disease and be sick on the first or second day of hospitalization. Conditions of non-entry: do not want to continue participating in the research and the impossibility of video communication more than 2 times in the intervention group.

Intervention groups

In the intervention group, on the first and second day of hospitalization in COVID-19 support ward, video call in morning, evening and night shifts and each shift once for 10-15 minutes between the patient and the patient's family by the researcher's tablet in the ward and the family smartphone. The patient is performed at home. In the control group, communication with the patient's family is done by telephone and at times when the patient's condition and condition of the ward allow. Also, in both control and intervention groups, when the ward and patient conditions allow, the visitors can visit their patient in accordance with the principles of personal protection.

Main outcome variables

Stress, anxiety and depression

General information

Reason for update

End of sampling

Acronym

IRCT registration information

IRCT registration number: **IRCT20180429039463N4**

Registration date: **2022-04-10, 1401/01/21**

Registration timing: **registered_while_recruiting**

Last update: **2022-08-13, 1401/05/22**

Update count: **1**

Registration date

2022-04-10, 1401/01/21

Registrant information

Name

mohammad namazinia

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 51 5222 5280

Email address

namazinm951@mums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-04, 1401/01/15

Expected recruitment end date

2022-06-20, 1401/03/30

Actual recruitment start date

2022-04-04, 1401/01/15

Actual recruitment end date

2022-08-11, 1401/05/20

Trial completion date

2022-08-11, 1401/05/20

Scientific title

Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Public title

Evaluation of the effect of scheduled online video meeting on anxiety, stress and depression of patients admitted with Quaid 19

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Having informed consent of patients to participate in the study Patient consciousness Ability to communicate verbally No history of known anxiety and depression problems Hospitalization with definitive diagnosis of Covid-19 for the first time Having a smartphone connected to the Internet by the patient's family The first or second day of hospitalization

Exclusion criteria:

Patients whose hemodynamic status is unstable Loss of consciousness Reluctance to continue cooperation in research The patient needs vital measures such as intubation Impossibility of video communication more than 2 times in the intervention group

Age

From **18 years** old to **70 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Outcome assessor

Sample size

Target sample size: **30**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

Dividing people into two groups randomly will be used by the random permutation block method. In this way, using blocks with two treatments and a table of random numbers, individuals were assigned to two groups of control and intervention. Then, the personal information questionnaire in both intervention and control groups is completed through interviews. This questionnaire includes information about personal characteristics and medical records (age, sex, type of disease, etc.).

Blinding (investigator's opinion)

Double blinded

Blinding description

In this study, participants and outcome assessors did not know whether participants were in the control or intervention group.

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Research Ethics Committee of Torbat Heydariyeh University of Medical Sciences

Street address

Torbat Heydariyeh University of Medical Sciences, Razi St., Torbat Heydariyeh, Iran

City

Torbat Heydariyeh

Province

Razavi Khorasan

Postal code

9519633787

Approval date

2021-12-27, 1400/10/06

Ethics committee reference number

IR.THUMS.REC.1400.040

Health conditions studied

1

Description of health condition studied

Coronavirus disease

ICD-10 code

U07.1

ICD-10 code description

COVID-19, virus identified

Primary outcomes

1

Description

Depression

Timepoint

Depression is measured once at the time of admission and the second time 48 hours after admission.

Method of measurement

Depression is measured by Depression Anxiety and Stress Scales (DASS-21)

2

Description

Stress

Timepoint

Stress is measured once at the time of admission and the second time 48 hours after admission.

Method of measurement

Stress is measured by Depression Anxiety and Stress Scales (DASS-21)

3

Description

Anxiety

Timepoint

Anxiety is measured once at the time of admission and the second time 48 hours after admission.

Method of measurement

Anxiety is measured by Depression Anxiety and Stress Scales (DASS-21)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: In the intervention group, during a face-to-face meeting of 10-15 minutes, the researcher gives the necessary training on the type of study and how to connect to the software and make video calls and visiting hours to the patient and his family. On the first and second day of hospitalization in Covid-19 support ward, video call in morning, evening and night shifts and each shift once for 10-15 minutes between the patient and the patient's family by the researcher's tablet in the ward and the patient's family's smartphone at home Done. Video calling is done using IMO software and at times when the patient's condition and ward condition allow. To avoid disturbing other patients, a handsfree is used to communicate between the patient and the family. Video communication is done when the patient is awake, as well as outside the time of nursing care and doctor visits.

Category

N/A

2

Description

Control group: In the control group, communication with the patient's family is done by telephone and at times when the patient's condition and condition of the ward allow. Also, in both control and intervention groups, when the ward and patient conditions allow, the visitors can visit their patient in accordance with the principles of personal protection.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Nohome day Hospital, Torbat Heydariyeh University of Medical Sciences

Full name of responsible person

Mohammad Namazinia

Street address

Torbat Heydariyeh University of Medical Sciences Building., Razi St., Ferdawsi St.

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Torbate-Heidaria University of Medical Sciences

Full name of responsible person

Dr. Mohammad Reza Rezaei Manesh

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Torbat Heydariyeh University of Medical Sciences Building., Razi St., Ferdawsi St.

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Torbate-Heidaria 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

Torbate-Heidaria University of Medical Sciences

Full name of responsible person

Mohammad Namazinia

Position

Member of the faculty of Torbat Heydariyeh University of Medical Sciences

Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

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Full name of responsible person

Mohammad Namazinia

Position

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Latest degree

Master

Other areas of specialty/work

Nursery

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Person responsible for updating data**Contact****Name of organization / entity**

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Full name of responsible person

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Position

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Latest degree

Master

Other areas of specialty/work

Nursery

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Information about the main consequence after being unidentified will be shared.

When the data will become available and for how long

Start the access period 6 months after Publish results

To whom data/document is available

Everyone

Under which criteria data/document could be used

The results obtained in this study can be used without restriction by researchers.

From where data/document is obtainable

Referring to Torbat Heidarieh Nursing and Midwifery Faculty

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

After sending the email to the person responsible for the response process begins.

Comments