Clinical Trial Protocol
Iranian Registry of Clinical Trials

28 Oct 2026

The effect of educational intervention based on transactional model of stress and coping on stress management skills among employees of combined cycle power plant.

Protocol summary

Study aim
Determining the effect of the educational intervention based on the exchange model of tension and coping on the stress management skills of Jahrom combined cycle power plant employees.

Design
The current research plan is an interventional study and the research method is experimental, of pre-test-post-test type with a control group. The statistical population of this research consists of all employees of Jahrom Combined Cycle Power Plant (administrative and workshop). (number = 211).

Settings and conduct
6 training sessions will be conducted for the intervention group using active and collaborative methods as well as with the help of various educational tools in the amphitheater of the desired industry.

Participants/Inclusion and exclusion criteria
At least 6 months have passed since he started working. Agree to participate in the study and complete the informed consent form. According to self-report, the participants were not under psychiatric treatment.

Intervention groups
This study will be conducted with a controlled pre-test-post-test experimental design on a sample of Jahrom combined cycle employees (n=106). Educational intervention including 6 sessions of about 90 minutes will be implemented using active and participatory methods for the experimental group (53 people).

Main outcome variables
Stress coping skills will be measured using the 66-item Lazarus coping skills scale and perceived job stress using the 10-item perceived stress scale before and three months after the completion of the educational intervention.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20110423006261N19**
Registration date: **2022-11-21, 1401/08/30**
Registration timing: **registered_while_recruiting**

Last update: **2022-11-21, 1401/08/30**
Update count: **0**

Registration date
2022-11-21, 1401/08/30

Registrant information
Name
Mohammad Hussein Kaveh
Name of organization / entity
Country
Iran (Islamic Republic of)
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+98 71 1725 1001
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2022-10-23, 1401/08/01
Expected recruitment end date
2022-12-06, 1401/09/15
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of educational intervention based on transactional model of stress and coping on stress management skills among employees of combined cycle power plant.

Public title
Investigating the effect of educational intervention on stress management skills of industrial workers

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Participant should be part of the contractual, contractual or official (not temporary) employees of the power plant. At least 6 months have passed since she started working. Agree to participate in the study and complete the informed consent form. The age of participants should be between 25 and 60 years. Participants should have at least literacy (at least at the third level of primary school). According to self-report, the participants were not under psychiatric treatment.

Exclusion criteria:
The participant should withdraw from further participation in the study. Leave the research environment for any reason (dismissal, transfer, etc.). Absence in more than two training sessions. Do not participate in the pre-test, post-test or both. During the implementation of the intervention (between the pre- and post-tests), she has received psychiatric treatment due to mental illnesses.

Age
From **25 years** old to **60 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **106**

Randomization (investigator's opinion)
Randomized

Randomization description
The studied sample, based on the formula of comparing two averages, 96 people were calculated, and 106 people will be selected by taking into account 10% dropout. In order to prevent the dissemination of information between the study subjects in the experimental and control groups, one shift will be randomly selected as the experimental group and the other shift as the control group. The experimental group of the stress management training program and the employees in the control group are one They will receive an educational program not related to stress (titled the principles of using a mask to prevent corona).

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
Vice President of Research and Technology, 7th floor, central building of Shiraz University of Medical Sciences, Zand St.

City
Shiraz

Province
Fars

Postal code
71348-14336

Approval date
2020-06-10, 1399/03/21

Ethics committee reference number
IR.SUMS.REC.1399.372

Health conditions studied

1

Description of health condition studied
Examining stress management skills

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Measuring the score of stress coping skills using the Lazarus and Folkman coping skills scale.

Timepoint
before and three months after the end of the intervention

Method of measurement
66-item Lazarus Coping Skills Questionnaire

2

Description
Occupational stress score

Timepoint
before and three months after the end of the intervention

Method of measurement
10-item questionnaire of perceived stress

Secondary outcomes

1

Description
Perceived social support score
Timepoint
before and three months after the end of the intervention
Method of measurement
The Perceived Social Support Questionnaire of Zimmet et al.

2

Description
Spiritual health score
Timepoint
before and three months after the end of the intervention
Method of measurement
Polotzin and Ellison's 20-question mental health questionnaire

Intervention groups

1

Description
Intervention group:Educational intervention including 6 sessions of about 90 minutes will be implemented using active and participatory methods for the experimental group. Research tools including demographic characteristics questionnaire, Lazarus coping skills questionnaire, perceived social support questionnaire, perceived stress questionnaire and spiritual health questionnaire will be implemented before and 3 months after the educational intervention in the study group and the results will be used It will be analyzed using descriptive and analytical statistical methods.
Category
Prevention

2

Description
Control group: For the control group, a training session not related to stress will be designed and implemented under the title of the principles of using masks to prevent corona disease.
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Jahrom combined cycle power plant
Full name of responsible person
Canan Peyman
Street address
25 km Jahrom, Shiraz road
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7414733559
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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Memarpour Mahtab
Street address
Vice President of Research and Technology, 7th floor, central building of Shiraz University of Medical Sciences, Zand St.
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kaveh@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

Kaveh Mohammad Hossein

Position
Professor

Latest degree
Ph.D.

Other areas of specialty/work
Health Promotion

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Person responsible for scientific inquiries

Contact

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Shiraz University of Medical Sciences

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Mehrazin Farnaz

Position
University student

Latest degree
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Person responsible for updating data

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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be 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