Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

Effect of emotional intelligence education program on self-efficacy and quality of life for women with multiple sclerosis

Protocol summary

Summary

This study is a randomized clinical trial, two parallel group and two stage with test plan before and after of intervention that it will be done On 70 women referred to the clinic with multiple sclerosis MS Therapy Centre Ayatollah Kashani that will have Inclusion criteria for the study. All data will be collected with using standard questionnaires : Bar-On Emotional Intelligence, quality of life(MSQoL-54) and Multiple Sclerosis self-efficacy (MSSS). The samples selected randomly, with written informed consent and then randomly placed in the experimental and control groups with minimization method. Then, before the intervention questionnaires will be completed in two groups. The intervention will take place in 8 sessions of 90 minutes during 8 weeks (one session per week) in small groups of 9-8 people by the researcher and using same teaching method and the content in all groups. To all the subjects offered a pamphlet on the subject of each meeting and will be asked to practice daily homework until the next meeting and researcher will continuously track and control to ensure of doing homework in between sessions by phone.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015120117387N4**
Registration date: **2016-04-11, 1395/01/23**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2016-04-11, 1395/01/23

Registrant information

Name

Fatemeh Nazari

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Isfahan University of Medical Sciences

Expected recruitment start date

2015-11-06, 1394/08/15

Expected recruitment end date

2016-03-05, 1394/12/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of emotional intelligence education program on self-efficacy and quality of life for women with multiple sclerosis

Public title

Effect of emotional intelligence education program on self-efficacy and quality of life for women with MS

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion Criteria Women with multiple sclerosis (relapsing, primary progressive and secondary progressive) over 18 years old with a definite diagnosis

of MS by a neurologist based on the McDonald's criteria) at least one year from the time of diagnosis it is past and non-recurrent attack In the past 3 months;Having at least a high school degree; Earn less than 4.5 on the Expanded Disability Status Scale (EDSS); Emotional intelligence test score of less than 225 Bar -On (Yalcin et al, 2008); Willingness to participate in the study and placed in Test and control groups randomly;Don’t participate subjects in another similar study simultaneously;Lack of cognitive disorders, no known mental illness confirmed by a doctor and the contents of the medical records of the subjects;Lack of addiction to narcotics and psychotropic substances;Absence of pregnancy;Self-reported subjects, physical and mental ability to participate in this study. Exclusion Criteria Lack of desire to continue cooperation in research;The absence of a meeting during the course;Lack of active participation during the two sessions of training course.

Age
From **19 years** old to **50 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

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
Research Vice Chancellor of Isfahan University of Medical Sciences

Street address
Isfahan - street thousand acres. Isfahan University of Medical Sciences

City
Isfahan - street thousand acres. Isfahan University of Medical Sciences

Postal code

Approval date
2015-11-03, 1394/08/12

Ethics committee reference number
ir.mui.rec.1394.3.583

Health conditions studied

1

Description of health condition studied
Multiple Sclerosis

ICD-10 code
G35-G37

ICD-10 code description
Multiple sclerosis

Primary outcomes

1

Description
Selfefficacy

Timepoint
Before, immediately after and three months after intervention

Method of measurement
Multiple sclerosis self-efficacy questionnaire

2

Description
Quality of life

Timepoint
Before, immediately after and three months after intervention

Method of measurement
QuestionniareMultiple Sclerosis Quality of Life Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
The intervention will take place in 8 sessions of 90 minutes during 8 weeks (one session per week) in small groups of 9-8 people by the researcher and using same teaching method and the content in all groups. To all the subjects offered a pamphlet on the subject of each meeting and will be asked to practice daily homework until the next meeting and researcher will continuously track and control to ensure of doing homework in between sessions by phone.

Category
Rehabilitation

2

Description
The intervention will take place in the control group is a group discussion session about the disease, etiology and

pharmaceutical and health care.

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Kashani Hospital related to Isfahan University of Medical Sciences

Full name of responsible person

Street address

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Research Vice Chancellor of Isfahan University of Medical Sciences

Full name of responsible person

Fateme Nazari

Street address

Adult Health Nursing Department, School of Nursing and Midwifery Medical Sciences, Isfahan, Iran.

City

Isfahan

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Research Vice Chancellor of Isfahan 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

School of Nursing and Midwifery, Isfahan University of Medical Sciences

Full name of responsible person

Fateme Nazari

Position

Master of Nursing and Midwifery Faculty of Isfahan

Other areas of specialty/work

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Contact

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Master trends in nursing education

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Position

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