ISRCTN12883314 https://doi.org/10.1186/ISRCTN12883314

The application of a stress management program among Health Science Center students at Kuwait University

Submission date
09/11/2024

Recruitment status
No longer recruiting

Registration date
12/11/2024

Overall study status
Completed

Last Edited
06/06/2025

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
The purpose of this research is to study the effectiveness of a stress management program among students at the Health Science Center (HSC), Kuwait University.

Who can participate?
Health Science students, HSC, Kuwait University

What does the study involve?
In this study, participants will be randomly assigned to one of two groups: (1) the control group or (2) the experimental (intervention) group. The participants receive a comprehensive educational seminar relevant to stress management (i.e., a presentation, written hand-outs and a structured home program). The seminar addresses nine topics pertaining to stress management strategies: breathing and imagery techniques; self-care routines; planning for success; meditation strategies; monitoring mechanisms for coping; seeking help for mental health, exercise and health; cognitive behavioral therapy tips (CBTs); and psychoeducation. The whole stress management program takes about one month.

Ethical approval will be obtained from the local institutional review board. Students will be invited to participate in the study through a QR code and a WhatsApp group. The purpose of the study will be explained to the students, and informed consent will be obtained. Confidentiality will be assured. Prior to random allocation, the participants will be contacted through an online form and asked to complete the online Depression Anxiety and Stress Scale-21 (DASS-21) and Perceived Stress Scale (PSS). At the end of the scale, the participants will be asked if they are willing to participate in the stress management programs. After participating in the stress management program, all participants will be asked to complete the scales again.

What are the possible benefits and risks of participating?
After participating in the stress management program, the study participants are expected to have significantly improved psychological symptoms including stress, anxiety and depressive symptoms. No risks are expected and confidentiality is assured.

Where is the study run from?
Kuwait University

When is the study starting and how long is it expected to run for?
October 2023 to May 2024

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Dr. Naser Mohammed Alotaibi, naser.alotaibi@ku.edu.kw

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Protocol serial number
HSCKU1

Study information

Scientific Title
The application of a stress management program among Health Science Center (HSC) students at Kuwait University: A quasi-experimental study

Acronym
Stress Management Program

Study objectives
It is hypothesized that introducing a stress management program tailored to the culture of Health Science Center (HSC) students at Kuwait University will significantly decrease stress and depression levels compared to a control group.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 10/01/2024, Health Science Center Ethical Committee (P.O. box 24923 Safat, Kuwait City, 13110, Kuwait; +96524636203; hsc.ethicalcommitee@ku.edu.kw), ref: 580

Primary study design
Interventional

Study design
Quasi-experimental study design

Study type(s)
Efficacy

Health condition(s) or problem(s) studied
Psychological symptoms (i.e. stress, anxiety and depressive symptoms)

Interventions
The intervention involves the self-administration of a stress management program for 4 weeks that was developed by three faculty members from the occupational therapy and physical therapy departments.

The study used a quasi-experimental design conducted at Kuwait University, Kuwait. A quasi-experimental design was used, as a true randomized process was not performed. In other words, not all HSC students had the same chance of being selected because we did not have a complete list of all HSC students to choose from. This led to selection bias based only on the available HSC students, where random assignment was used only within a preexisting cohort. The participants will be randomly assigned to one of two groups: (1) the control group or (2) the experimental (intervention) group.

Students will be invited to participate in the study through a QR code and a WhatsApp group. The purpose of the study will be explained to the students, and informed consent obtained. Confidentiality is assured. Before random allocation, the participants will be contacted through an online form and asked to complete the online Depression Anxiety and Stress Scale-21 (DASS-21) and Perceived Stress Scale (PSS). At the end of the scale, the participants will be asked if they are willing to participate in the stress management programs. After participating in the stress management program, all participants will be asked to complete the survey again.

Intervention program (stress management program)
An orientation session and an educational seminar for the participants will be provided before starting the program, this will thoroughly explain and elaborate on the intervention by the faculty members to the experimental group. The stress management program includes three elements: (1) an oral presentation, (2) a booklet, and (3) a structured home program. The program content included the following components (intervention strategies): breathing and imagery techniques; self-care routine; planning for success; meditation strategies; monitoring mechanisms for coping; seeking help for mental health; exercise and health; cognitive behavioral therapy tips; and, psychoeducation.

Intervention Type

Behavioural

Primary outcome(s)
1. Symptoms of depression, anxiety, and stress measured using the Depression Anxiety and Stress Scale-21 (DASS-21) at baseline and week 4
2. The perception of stress measured using the Perceived Stress Scale (PSS-10) at baseline and week 4

Key secondary outcome(s)
The perceptions of the intervention (stress management) program in the experimental group measured using a study questionnaire (3-point Likert scale) at week 4

Completion date
01/05/2024

Eligibility

Key inclusion criteria
1. Students from the HSC faculties, including medicine, dentistry, pharmacy, and allied health
2. 18 years of age and older
3. Had studied for two to seven years

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
50 Years

Sex
All

Total final enrolment
98

Key exclusion criteria
1. Students from other faculties at Kuwait University
2. First-year students

Date of first enrolment
01/02/2024

Date of final enrolment
01/05/2024

Locations

Countries of recruitment
Kuwait

Study participating centre
Health Science Center, Kuwait University
P.O. Box 31470
Sulaibekhat
Kuwait
90805

Sponsor information

Organisation
Kuwait University

ROR
https://ror.org/021e5j056

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are/will be available upon request from Dr. Naser Mohammed Alotaibi, naser.alotaibi@ku.edu.kw. Study data that support the findings of this study are not openly available for reasons of sensitivity.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		12/05/2025	06/06/2025	Yes	No