



DOI: <https://doi.org/10.56936/18290825-2025.19v.4-104>

EFFECTIVENESS OF TWO VIRTUAL PROGRAMS ON PERCEIVED STRESS, STRESS COPING, AND LIFE SATISFACTION AMONG WOMEN WITH BREAST CANCER: PROTOCOL FOR A RANDOMIZED CONTROLLED TRIAL

SHALCHI OGHLI S.¹, SADEGHI R.¹, OMRANIPOUR R.², RAHIMI FOROUSHANI A.³,
ASHOORKHANI M.^{1,4}, TEDADI Y.¹

¹ Department of Health Education and Promotion, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran.

² Department of Surgical Oncology, Breast Disease Research Center, Cancer Institute, Tehran, Iran

³ Department of Epidemiology and Biostatistics, School of Public Health, Tehran University of Medical Sciences, Tehran, Iran.

⁴ Community-Based Participatory Research Center, Iranian Institute for Reduction of High-Risk Behaviors, Tehran University of Medical Sciences, Tehran, Iran.

Received 13.11.2025; Accepted for printing 21.10.2025

ABSTRACT

Introduction: Breast cancer is a frequent cancer among women worldwide. In addition to the physical hardships, Breast cancer survivors often experience traumatic psychological pains. The effectiveness of educational and supportive interventions in this regard has been under-researched. The present study aims at evaluating and comparing two supportive programs with regard to their effectiveness in reducing stress, improving stress coping and increasing life satisfaction in women with Breast cancer.

Material and Method: The study includes a three-arm randomized controlled trial study protocol that assesses the effectiveness of two virtual programs (family-based and peer support) launched at the Cancer Institute, in Tehran, Iran, in 2021. 315 patients, were randomly assigned to one of the interventions or control groups. The participants completed portfolios of self-reported Demographic and Disease Characteristics, Perceived Stress Scale (PSS-14), and Coping Inventory for Stressful Situations Scale (CISS-21) before and three months after the intervention. The Satisfaction With Life Scale (SWLS) was also completed before the intervention, and after a six-month interval. Data was analyzed using SPSS 18.

Results: This study is ongoing. Recruitment was done in March 2021 to August 2021. A total of 315 participants have been recruited. The intervention was done in December 2021 to January 2022. Data collection and analysis are expected to be finalized early in 2023, and the study will be published in December 2023.

Conclusions: Consistent with the findings of the study, it is concluded that social media prove quite helpful as supportive interventions for women with Breast cancer in diminishing psychological pains.

KEYWORDS: breast neoplasms, randomized controlled trials, perceived stress, stress coping, Methods, peer support, social media

CITE THIS ARTICLE AS:

SHALCHI OGHLI S., SADEGHI R., OMRANIPOUR R., RAHIMI FOROUSHANI A., ASHOORKHANI M., TEDADI Y. (2025). Effectiveness of Two Virtual Programs on Perceived Stress, Stress Coping, and Life Satisfaction among Women with Breast Cancer: Protocol for a Randomized Controlled Trial; The New Armenian Medical Journal, vol.19 (4), 104-115; DOI: <https://doi.org/10.56936/18290825-2025.19v.4-104>

ADDRESS FOR CORRESPONDENCE:

Roya Sadeghi; PhD, Professor
Department of Health Education and Promotion,
School of Public Health, Tehran University of Medical
Sciences, Tehran, Iran. Address: Enqelab square, Tehran,
1417935840, Iran.
Tel: +989123275692, +982142933055
E-mail: sadeghir@tums.ac.ir