

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jul 2026

The effect of education on the job stress and resiliency of the intensive care unit nurses

Protocol summary

Summary

This quasi-experimental study to determine the variables resiliency and occupational stress in the nurses before and after the intervention and comparison of these variables before and after the intervention will be carried out . study population will be consist of nurses working in Fateme Zahra hospital that Based on objective and according to criteria such as withdrew from the study due to lack of desire, Having a bachelor's degree or higher, Minimum one year experience in intensive care, lack of experience severe stress in the past 6 months (such as serious accidents, death of a relative and separation the wife), no history of neurologic drugs at least in the last 6 months, history of resilience training classes and classes like that withdrew from the study is continuing to work at the time of the study. A sample of 30 patients were selected based on statistical calculations. data by Demographics data questionnaire, Connor-Davidson Resilience Scale CD-RISC and ENSS job stress questionnaire will be collected. The three questionnaires will be completed by nurses, then held Then resilience training program on 5 Session for an hour for questions and answers for nurses, group discussions and presentations will be presented. . after two weeks of sessions of the questionnaire will be completed by nurses. Data were statistically analyzed and the impact of education on job stress and resiliency will be evaluated in ICU nurses

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016022413156N16**

Registration date: **2016-03-12, 1394/12/22**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-03-12, 1394/12/22

Registrant information

Name

Mohammad Ali Heydari Gorji

Name of organization / entity

Mazandaran University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

mheydarigorji@mazums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice Chancellor for research, Mazandaran University of Medical Sciences

Expected recruitment start date

2016-02-20, 1394/12/01

Expected recruitment end date

2016-05-04, 1395/02/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of education on the job stress and resiliency of the intensive care unit nurses

Public title

The effect of education on the job stress and resiliency of the intensive care unit nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: in this study included withdrew from the study due to lack of desire, Having a bachelor's degree or higher, Minimum one year experience in intensive care, lack of experience severe stress in the past 6 months (such as serious accidents, death of a relative and separation the wife), no history of neurologic drugs at least in the last 6 months, Exclusion criteria: history of resilience training classes and classes like that, withdrew from the study is continuing to work at the time of the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Single

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Mazandaran University of Medical Sciences

Street address

Start of valiye asr highway, Imam Square, Sari, Mazandaran

City

sari

Postal code

Approval date

2016-02-16, 1394/11/27

Ethics committee reference number

IR.MAZUMS.REC.94-1675

Health conditions studied

1

Description of health condition studied

job stress

ICD-10 code

Z56

ICD-10 code description

Problems related to employment and unemployment

Primary outcomes

1

Description

resiliency

Timepoint

Before and 2 weeks after the intervention

Method of measurement

questionnaire

2

Description

job stress

Timepoint

Before and 2 weeks after the intervention

Method of measurement

questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

This quasi-experimental study of single groups before - after, on 30 nurses in intensive care units will be done. In this study, pre-test and post-test will be used.. Then resilience training program held in five sessions. Resilience Training three aspects: an introduction to the concept of resilience and characteristics of resilient individuals / agents of foreign domestic support and / familiarity with the ways of creating resiliency and summarized within five sessions, each session lasting an hour nurses training Materials training will be given for questions and answers, will be a group discussion and lecture. After two weeks of sessions of the questionnaire given to nurses to complete.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Fatemeh Zahra Hospital

Full name of responsible person

reyhane babanataj

Street address

City

sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice Chancellor for research Mazandaran University of Medical Sciences.

Full name of responsible person

Dr. Ahmahali Enayati

Street address

Vice Chancellor for research Mazandaran University of Medical Sciences, Moalem Street ,Moalem Square,Sari, Iran.

City

sari

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice Chancellor for research Mazandaran 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**

Mazandaran University of Medical Sciences

Full name of responsible person

reyhane babanataj

Position

master of Critical Care Nursing Student

Other areas of specialty/work**Street address**

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Person responsible for scientific inquiries

Contact**Name of organization / entity**

Mazandaran University of Medical Sciences

Full name of responsible person

dr mohammadali heydarigorji

Position

Assistant Professor, scientific committee

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Person responsible for updating data

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Full name of responsible person

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Position

the master student of Critical Care Nurses

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Web page address

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