

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Assessing the Effect of Training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in Undergratuated Nursing students.

Protocol summary

Summary

The main objective of this study is to assess the effect of training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in undergraduate nursing students. The participants of this study are 70 undergraduate nursing students at their first semester who will pass life skills course in two separate classes. After dividing them by the education office of the nursing faculty into two groups, they were again divided by the researchers of this study into two control and test groups using a simple random approach. For the first day, the groups will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. Then, eight 2-hour educational sessions will be hold from Nov 2013 based on cognitive-behavior model for students in test group of emotional intelligence education. Simultaneously, the students in control group will pass life skills course. Then, for considering the ethical issues, the control group is received the same educational content in emotional intelligence offered to the test group and the other group passes life skills course. After ending classes post-test will be performed through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park . The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2013092114720N1**

Registration date: **2013-11-10, 1392/08/19**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2013-11-10, 1392/08/19

Registrant information

Name

Fatemeh Ghofrani Kelishami

Name of organization / entity

Tehran Faculty of Nursing and Midwifery

Country

Iran (Islamic Republic of)

Phone

+98 21 6692 7171

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Recruitment status

Recruitment complete

Funding source

Tehran University of Medical Sciences

Expected recruitment start date

2013-10-23, 1392/08/01

Expected recruitment end date

2014-02-20, 1392/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Assessing the Effect of Training of Emotional Intelligence on Emotional Intelligence score and Stress Coping Styles in Undergratuated Nursing students.

Public title

Emotional Intelligence Training

Purpose

Other

Inclusion/Exclusion criteria

The criterion for entering to this work is studying at first semester of nursing major

Age

No age limit

Gender

Both

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

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences

Street address

Tehran University of Medical Sciences-Iran-Tehran

City

Tehran

Postal code

Approval date

2013-04-17, 1392/01/28

Ethics committee reference number

93302

Health conditions studied

1

Description of health condition studied

Emotional intelligence

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

Emotional Intelligence Score

Timepoint

pre test -post test- one month after intervention

Method of measurement

schutte questionnaire

2

Description

Methods of Dealing with Stress

Timepoint

pre test-post test- one month after intervention

Method of measurement

Endler& Parker questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

For the first day, the control group will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. the students in control group will pass life skills course at 8 weeks. Then post-test will be performed through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park. The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared. Then, for considering the ethical issues, the control group is received the same educational content in emotional intelligence offered to the test group.

Category

Lifestyle

2

Description

For the first day, the test group will be subject to a pre-test containing questionnaires of demographic information, Schutte emotional intelligence, and Coping Inventory for Stressful Situations of Endler & Parker. Then, eight 2-hour educational sessions will be hold from Nov 2013 based on cognitive behavior model for students in test group of emotional intelligence education. The intervention program would be performed as follows: session 1: some general materials about the emotional intelligence and effective communication are presented; session 2: anger management; session 3: courageous behavior; session 4: stress management; session 5: self-awareness and empathy; session 6: coping with negative temper; session 7: solution

procedure for problems; and session 8: summary and conclusion, responding to students' questions, and taking post-test through the questionnaires of demographic information, emotional intelligence of Schutte, and Coping Inventory of Stressful Situations of Endler & Park. The follow-up test will be performed one month later using the mentioned questionnaires and the results will be compared. After each session, a summary and feedback will be prepared of learning rate of the students and the offered educational materials. Then At 8 weeks, the group will spend a life skills class.

Category
Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center
Tehran Faculty of Nursing and Midwifery
Full name of responsible person
Mansoorah Farahani Eshghali
Street address
Nosrat St., Tohid Sq. Tehran, Iran
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Masoud Yoonesian
Street address
Tehran University of Medical Sciences, Tehran, Iran
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Tehran

Grant name

Grant code / Reference number

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

Title of funding source

Tehran 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

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Tehran School of Nursing and Midwifery
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Person responsible for scientific inquiries

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Person responsible for updating data

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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