

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

The Effect of Aerobic Exercise on Job Stress & General Health of Female Nurses Working

Protocol summary

Summary

The Aim of Study Was to Investigate The Effects of Exercise Intervention on Job Stress and Public Health Nurses and Provide the Results to the University and Teaching Hospital Affiliated to Shiraz and Shahre-Kord University of Medical Sciences Clinical Trial. Community Nurses is in Two Hospitals Affiliated to Tehran University of Medical Sciences With the Exception of Nurses Working In the ICU that Previous Studies Using Statistical Methods and Sample Size of 30 Patients Per Group was Determined. Inclusion Criteria : Having One Year of Work Experience, Job Stress Questionnaire With Respect to HSE, Aged 25-40 years, Informed Consent Exclusion Criteria : Absence of More than Three Consecutive Meetings or Six Sessions of Intermittent How to Intervene : Cases Will be Examined by an Internist And People who do not have Exercise Ability in a Physician's View Remove From Intervention. Before the Exercise Intervention Will Participate in 3 Sessions a Week Before the Start of the Intervention then The Three One-Hour Sessions Per Week for 8 Weeks, Went to the Gym and Sports Programs are Designed to do Intervention Time: 4/4/2014 to 3/6/2014 The Present Study Attempts to The Effect of Aerobic Exercise on Stress and Public Health Nurses have a Role in Reducing Stress and Increasing Public Health Nurses in Order to Administrators, Managers and Health Planners in Country by Using Data to Prevent From the Consequences of Stress in Nurses and Increased Costs Related to its Lack of Attention.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014051117653N1**

Registration date: **2015-02-20, 1393/12/01**

Registration timing: **na**

Last update:

Update count: **0**

Registration date

2015-02-20, 1393/12/01

Registrant information

Name

Setareh Fazel Dehkordi

Name of organization / entity

Shiraz University of Medical Science

Country

Iran (Islamic Republic of)

Phone

+98 38 3338 6314

Email address

fazel_s@sums.ac.ir

Recruitment status

Not enough for processing

Funding source

Shiraz University Of Medical Science

Expected recruitment start date

2014-04-04, 1393/01/15

Expected recruitment end date

2005-04-19, 1384/01/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of Aerobic Exercise on Job Stress & General Health of Female Nurses Working

Public title

The Effect of Aerobic Exercise on Job Stress & General Health of Female Nurses

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria for the study. 1.Having at Least One Year of Experience 2.Having Stress due to job Stress Questionnaire HSE 3.Aged Between 40-25 Years 4.Informed Consent and Willingness to Participate in Research 5.Not Have any Problem with Regard to Medical History 6.No Mental Disorder Based on Self-Report Forms 7.Ability to Exercise Refusing to Participate in any Organized Physical Activity During the Past 2 Months, and at the Same Time Doing Research 8.The Lack of Exposure to Extreme Stress Events (Death of a Parent) Within the Last 6 Months Exclusion Criteria 1.Absent More Than Three Consecutive Training Sessions 2.Absences Over 6 Sessions of Intermittent 3.Occurrence of Adverse Events (Severe Stressful Event) to Participants During Training Sessions

Age

From **25 years** old to **40 years** old

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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

Shiraz University of Medical Sciences

Street address

Across the Street Palestine, Zand Street

City

Shiraz

Postal code

71348-14336

Approval date

2014-02-23, 1392/12/04

Ethics committee reference number

CT-92-6904

Health conditions studied

1

Description of health condition studied

Job Stress

ICD-10 code

z56.3

ICD-10 code description

Stressful work schedule

Primary outcomes

1

Description

Job Stress

Timepoint

before intervention ; immediately after intervention ; two month after intervention

Method of measurement

job stress questionnaire

Secondary outcomes

1

Description

General Health

Timepoint

before intervention ; immediately after intervention ; two month after intervention

Method of measurement

general health questionnaire

Intervention groups

1

Description

doing earobic exercise for intervention group for eight weeks, three one hour sesion per week

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Ayatollah Kashani Hospital

Full name of responsible person

Setareh Fazel Dehkordi

Street address

3rd Floor, Building of Reza, lane 1, St. Basij, North Ferdowsi Avenue

City

shahr e kord

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Zinat Mohebbi

Street address

Across the Street Palestine, Zand Street

City

Shiraz

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

Yes

Title of funding source

Shiraz 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**

Shiraz University of Medical Sciences

Full name of responsible person

Zinat Mohebbi

Position

Instructor of Nursing

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

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Person responsible for scientific inquiries

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shahrekord University

Full name of responsible person

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Position

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Fax**Email**

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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