

Clinical Trial Protocol

Iranian Registry of Clinical Trials

01 Jul 2026

The study of effect of cognitive behavioral group intervention on stress new graduate nurses

Protocol summary

Summary

Purpose: The effect of cognitive behavioral group intervention on stress new graduate nurses. Inclusion criteria: With the degree of bachelor of nursing; subject to human resources; less than one year of work experience; volunteered to participate in research; lack of work experience after graduation; in the past, they do not receive training to reduce stress; score of 68 and more from Expanded Nursing Stress Scale. Exclusion criteria: Do not participate in more than two session of group meeting; do not volunteered to participate in research. The population of this research were new graduate nurses from selected Hospitals University of Medical Sciences. Participants include 80 new graduate nurses that is based on research from the community entry criteria and methods of random blocks to control and intervention groups were assigned. The intervention consists of a 90-minute meeting, the 8 cognitive behavioral group intervention, to 2 times per week. The amount of stress before and after the intervention were measured. The analysis of the data and the amount of stress within each group and between before and after the intervention and control groups were compared.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015012620811N1**

Registration date: **2015-02-05, 1393/11/16**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-02-05, 1393/11/16

Registrant information

Name

Najme Aliyari

Name of organization / entity

Univesity of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0083

Email address

na.aliyari@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2014-04-08, 1393/01/19

Expected recruitment end date

2014-08-16, 1393/05/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The study of effect of cognitive behavioral group intervention on stress new graduate nurses

Public title

The effect of cognitive behavioral group intervention on stress new graduate nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: With the degree of bachelor of nursing; subject to human resources; less than one year of work experience; volunteered to participate in research; lack of work experience after graduation; in the past, they do

not receive training to reduce stress; score of 68 and more from expanded nursing stress scale. Exclusion criteria: Do not participate in more than two session of group meeting; do not volunteered to participate in research.

Age

From **20 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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**

University of Social Welfare and Rehabilitation Sciences

Street address

Tehran, Evin, Student Blvd, Koodakyar St, University of Social Welfare and Rehabilitation Sciences

City

Tehran

Postal code

1985713834

Approval date

2013-11-05, 1392/08/14

Ethics committee reference number

USWR.REC.1393177

Health conditions studied**1****Description of health condition studied**

stress

ICD-10 code

F43.2

ICD-10 code description

Adjustment Disorders

Primary outcomes**1****Description**

stress

Timepoint

before and one month after intervention

Method of measurement

Expanded Nursing Stress Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Group intervention: The intervention involves holding a 90-minute training 8 session two days per week cognitive behavioral stress management based on practical guide of cognitive behavioral stress management of Anthony & Associates.

Category

Behavior

2**Description**

Control group: Did not intervene

Category

N/A

Recruitment centers**1****Recruitment center****Name of recruitment center**

Alzahra Hospital

Full name of responsible person

Dr Majid Rezvani

Street address

Shahid Keshvari highway, Soffe Blvd, Alzahra Hospital

City

Esfahan

2**Recruitment center****Name of recruitment center**

Ayatollah Kashani Hospital

Full name of responsible person

Dr Mohamad Javdan

Street address

Kashani St, Ayatollah Kashani Hospital

City

Esfahan

3

Recruitment center

Name of recruitment center

Seyedoshohada Hospital

Full name of responsible person

Dr Hamid Emami

Street address

Shiri Bridge, Seyedoshohada Hospital

City

Esfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr Masoud Fallahi Khoshknab

Street address

Tehran, Evin, Student Blvd, Koodakyar St, University of Social Welfare and Rehabilitation Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Social Welfare and Rehabilitation Sciences

Proportion provided by this source

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

2

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr Masoumeh Dejman

Street address

Tehran, Evin, Student Blvd, Koodakyar St, University of Social Welfare and Rehabilitation Sciences

City

Tehran

Grant name

Grant code / Reference number

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

Yes

Title of funding source

University of Social Welfare and Rehabilitation Sciences

Proportion provided by this source

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

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Najme Aliyari

Position

Master of nursing student

Other areas of specialty/work

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associate professor

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Full name of responsible person

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Position

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Other areas of specialty/work

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Postal code

8138675663

Phone

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