

# 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, Softe 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**

**Street address**

Kave St, Fatemi St, 6 Alley, Ehsan Alley, 30 Plaque

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### Person responsible for scientific inquiries

#### Contact

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Dr Masoud Fallahi Khoshknab

**Position**

associate professor

**Other areas of specialty/work**

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## Person responsible for updating data

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University of Social Welfare and Rehabilitation  
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**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*