

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

19 Jun 2026

### Effects of stress management program on the quality of nursing care, of intensive care unit's nurses in AL-Zahra hospital of Isfahan in 2014

#### Protocol summary

##### Summary

One of the issues affecting the quality of nursing care, occupational stress among nurses because of the close relationship between nurse and patient, patient care requires nurses to have a healthy body and spirit and be able to manage their stress. Accordingly, the present study was to performed determine effects of stress management program on the quality of nursing care, of intensive care unit's nurses In this study, the nurses in the hospital's intensive care unit al 70 people who have conditions such as work experience of at least 1 year Special sections and earn score less than 150 on the Holmes-Rahe table were a year ago. The subjects were selected of nurses with mental illness or chronic physical or an absence of more than two times during the study. Critical and unexpected stressful events during the study, were excluded the subjects were divided randomly into two groups and control questionnaires were completed by the quality of nursing care. The experimental group received 10 sessions of stress management intervention program was implemented in 5 weeks. The control group took a placebo then re questionnaires were completed by a month after the implementation of the program and control groups completed questionnaires. Data will be analyzed using the Mann-Whitney test, Chi-square test and the software SPSS 20.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015022621246N1**  
Registration date: **2015-04-09, 1394/01/20**  
Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2015-04-09, 1394/01/20

##### Registrant information

###### Name

Zohreh Asgari

###### Name of organization / entity

Isfahan University of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

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###### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Isfahan University of Medical Sciences

##### Expected recruitment start date

2014-10-21, 1393/07/29

##### Expected recruitment end date

2014-11-20, 1393/08/29

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

Effects of stress management program on the quality of nursing care, of intensive care unit's nurses in AL-Zahra hospital of Isfahan in 2014

##### Public title

Effects of stress management program on the quality of nursing care

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: medical professions with at least 1 year of working experience in a hospital intensive care units Al Zahra, with the degree of Bachelor, Master and employment contract or formal, non-participation in research and applications the same time, the point on the table Holmes-Rahe less than 150 in the past year. Exclusion criteria for the study: an absence of more than two times during the study, the occurrence of unexpected events during this crisis and stress (divorce, bereavement, etc.), mental illness or drug abuse or psychotropic Materials, acute or chronic physical illness, pregnancy

**Age**

No age limit

**Gender**

Female

**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)**

Single blinded

**Blinding description****Placebo**

Used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Isfahan University of Medical Sciences and Health Services. School of Nursing and Midwifery

**Street address**

Medical Sciences, Isfahan. Avenue Hezar Jryb. School Nursing and Midwifery

**City**

Isfahan

**Postal code****Approval date**

2014-10-21, 1393/07/29

**Ethics committee reference number**

4/3935/3

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

The quality of nursing care

**ICD-10 code****ICD-10 code description****Primary outcomes****1****Description**

The quality of nursing care

**Timepoint**

Before the intervention, Immediately after the intervention, A month after the intervention.

**Method of measurement**

Nursing Care Quality Questionnaire

**Secondary outcomes**

empty

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

The experimental group stress management program for ten sessions over 5 weeks was conducted by the researcher. Featuring behaviour interventions, training and implementation of problem-solving and implementation of training and relaxation training, time management, management anger, cognitive interventions such as cognitive restructuring, is used to identify negative thoughts problem solving. In the control group simultaneously a placebo during the 5 sessions for 5 weeks by a fellow researcher who was not familiar with stress management program, was implemented

**Category**

Behavior

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

Alzahra hospital

**Full name of responsible person**

Pahlavanzade Saaed

**Street address**

Alzahra hospital, Hakim Nezami st.

**City**

Isfahan

**Sponsors / Funding sources****1****Sponsor**

Name of organization / entity

Isfahan University of Medical Sciences

**Full name of responsible person**

Pahlavanzadeh Saaed

**Street address**

Isfahan. Avenue Hezarjareb. Isfahan University of  
Medical Sciences

**City**

Isfahan

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Isfahan 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**

Isfahan University of Medical Sciences

**Full name of responsible person**

Pahlavanzadeh Saaed

**Position**

Master of Science in Psychiatric Nursing. Faculty  
member of the School of Nursing and Midwifery

**Other areas of specialty/work**

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## Person responsible for scientific inquiries

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MS in Nursing

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## Person responsible for updating data

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Isfahan University of Medical Sciences, School of  
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**Full name of responsible person**

Asgari Zohreh

**Position**

Nursing Graduate Student

**Other areas of specialty/work**

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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*