

Clinical Trial Protocol

Iranian Registry of Clinical Trials

06 Aug 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

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Iran (Islamic Republic of)

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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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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