

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jun 2026

The effect of resiliency skills training on job stress in nurses of Golestan Hospital

Protocol summary

Summary

(1) Objectives : The purpose of this study was to investigate the effect of training resilience skills on occupational stress in nurses. (2) Design : The population studied includes nursing in emergency departments, children, Rasool Akram and Fatemeh Al Zahra hospitals. The groups included an intervention group and a control group. The sample size in each group is 40 people and a total of 80 people, randomization is in the selection of intervention and control groups. This study is done in 2 hospitals and in one phase. (3) Setting and conduct: After completing the job stress questionnaire, nurses learned a resilient skill in a workshop and filled out the questionnaire again two weeks later. (4) Inclusion Criteria : Nurses working in special fields, operating rooms, children and emergency hospital; at least 1 year history exclusion criteria: Unwillingness to participate in research; History of psychiatric disorders; Exposure to major stress (death of family, divorce) during research implementation. (5) Intervention: The intervention was conducted through a workshop and a pamphlet and no intervention was performed in the control group. (6) main outcome measures: Nurses' occupational stress including components of patient suffering and death, involvement with physicians, lack of preparation, lack of support, involvement with other nurses, pressure and uncertainty about treatment, which was measured by a questionnaire two weeks and one month later.

General information

Acronym

-

IRCT registration information

IRCT registration number: **IRCT2015051222104N1**

Registration date: **2017-07-28, 1396/05/06**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-07-28, 1396/05/06

Registrant information

Name

Seiedeh Zahra Mirzaeirad

Name of organization / entity

University of Rehabilitation Sciences and Social Welfare

Country

Iran (Islamic Republic of)

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za.mirzaeirad@uswr.ac.ir

Recruitment status

Recruitment complete

Funding source

University of Rehabilitation Sciences and Social Welfare

Expected recruitment start date

2015-10-23, 1394/08/01

Expected recruitment end date

2016-03-20, 1395/01/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of resiliency skills training on job stress in nurses of Golestan Hospital

Public title

The effect of resiliency skills training on job stress in nurses of Golestan Hospital

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion Criteria : Nurses working in special fields, operating rooms, children and emergency hospital; at least 1 year history exclusion criteria: Unwillingness to participate in research; History of psychiatric disorders; Exposure to major stress (death of family, divorce) during research implementation.

Age

No age limit

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 Rehabilitation Sciences and Social Welfare

Street address

End of ave koodakyar, velenjak, Tehran

City

Tehran

Postal code

-

Approval date

2015-09-02, 1394/06/11

Ethics committee reference number

uswr.1394-144

Health conditions studied

1

Description of health condition studied

-

ICD-10 code

-

ICD-10 code description

-

Primary outcomes

1

Description

job estress

Timepoint

Two weeks and a month

Method of measurement

Job Stress Questionnaire Taft and Anderson

Secondary outcomes

empty

Intervention groups

1

Description

Education in the form of workshop and in 4 two-hour sessions

Category

Other

2

Description

There was no intervention in the control group.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

This study does not lead to illness.

Full name of responsible person

-

Street address

-

City

-

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Rehabilitation Sciences and Social Welfare

Full name of responsible person

Dr Hamid Reza Khankeh

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End of Ave Koodakiar, Velenjk, Tehran

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Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
University of Rehabilitation Sciences and Social Welfare
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

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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