Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparing the effect of contact-based education with acceptance and commitment-based training on stigma and empathy toward psychiatric disorders among nursing students

Protocol summary

Summary

Objectives: comparing the effect of contact-based education and acceptance and commitment-based training on stigma and empathy toward psychiatric disorders among nursing students. Design: This study will be conducted on 111 nursing students from four public nursing school (who were undergoing mental health clerkship in Ibn Sina psychiatric hospital in Mashhad), they were selected by random cluster sampling and then will be put to the quota (based on gender distribution) and random in contact-based education, acceptance and commitment-based training and control groups. Methodology: in the contact-based education group, students will be exposed to interpersonal contact with three patients who have improved symptoms of psychiatric disorders in three sessions of one-hour (the first three days of clerkship) in addition to a mental health clerkship and in acceptance and commitment-based training group, Students will be exposed to acceptance and commitment-based training in three sessions of one-hour (the first three days of clerkship) in addition to mental health clerkship. The control group will not receive intervention except to mental health clerkship. Major eligibility criteria for participants: lack of employment in the psychiatric wards in hospitals, lack of psychiatric disorder, lack of person with psychiatric disorder in relatives. Major criteria for no eligibility: unwillingness to continue participation in the study, lack of participation in post-test, the absence or lack of participation in one session or more.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016091622823N2**

Registration date: **2016-10-05, 1395/07/14**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-10-05, 1395/07/14

Registrant information

Name

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Name of organization / entity

Neyshabur University of Medical Sciences, Neyshabur

Country

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Recruitment status

Recruitment complete

Funding source

Mashhad university of Medical sciences

Expected recruitment start date

2016-08-20, 1395/05/30

Expected recruitment end date

2016-09-15, 1395/06/25

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of contact-based education with acceptance and commitment-based training on stigma and empathy toward psychiatric disorders among

nursing students

Public title
Comparing the effect of contact-based education with acceptance and commitment-based training on stigma and empathy
Purpose
Prevention
Inclusion/Exclusion criteria
Major eligibility criteria for participants: lack of employment in the psychiatric wards in hospitals, lack of psychiatric disorder, lack of person with psychiatric disorder in relatives. Major criteria for no eligibility: unwillingness to continue participation in the study, lack of participation in post-test, the absence or lack of participation in one session or more.
Age
From **20 years** old to **60 years** old
Gender
Both

Phase
2-3
Groups that have been masked
No information
Sample size
Target sample size: **111**
Randomization (investigator's opinion)
Randomized
Randomization description
Blinding (investigator's opinion)
Not blinded
Blinding description
Placebo
Not used
Assignment
Parallel
Other design features
Among all public nursing schools located in Razavi Khorasan Province (12 schools) that were undergoing mental health clerkship in Ibn Sina psychiatric hospital in Mashhad, four nursing schools will be selected randomly using a lottery and then according to the previous clerkship of grouping (group of 7-seater), the quota (based on gender distribution) will be selected from each of two groups of female and male groups Randomly by lottery. Eventually, selected groups will be assigned randomly by lottery to contact-based education, acceptance and commitment-based training and control groups.

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Mashhad university of medical sciences
Street address
Vice chancellor for research, Mashhad University of Medical Sciences, next to the Hovezeh Cinema, University avenue, Mashhad
City
Mashhad
Postal code
Approval date
2016-08-17, 1395/05/27
Ethics committee reference number
IR.MUMS.REC.1395.318

Health conditions studied

1

Description of health condition studied
Stigma and Empathy toward Psychiatric Disorders
ICD-10 code
F00-F99
ICD-10 code description
Mental and behavioural disorders

Primary outcomes

1

Description
Stigma
Timepoint
Before starting clerkship, the last day of clerkship and one month after the end of clerkship
Method of measurement
Stigma Scale for Health Care Providers

2

Description
Empathy
Timepoint
Before starting clerkship, the last day of clerkship and one month after the end of clerkship
Method of measurement
Jefferson Scale of Empathy in Nurses

Secondary outcomes

empty

Intervention groups

1

Description
Contact-based education: students will be exposed to interpersonal contact with three patients with psychiatric disorders who have improved symptoms of illness in three sessions of one-hour (the first three days of clerkship) in addition to a mental health clerkship
Category
Prevention

2

Description
Acceptance and commitment-based train: students will be exposed to acceptance and commitment-based training in three sessions of one-hour (the first three days of clerkship) in addition to a mental health clerkship
Category
Prevention

3

Description
Control group: student will not receive intervention except to mental health clerkship
Category
Prevention

Recruitment centers

1

Recruitment center
Name of recruitment center
Mashhad, Ibn Sina psychiatric hospital
Full name of responsible person
Dr Fateme Mohareri
Street address
Next Astan Ghods Naghlie, end Hor Ameli of the street, Mashhad
City
Mashhad

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Vice Chancellor for research of Mashhad University of Medical Sciences
Full name of responsible person
Dr Mohsen Tafaghodi
Street address
Vice chancellor for research, Mashhad University of Medical Sciences, next to the Hovezeh cinema, Daneshgah avenue, Mashhad
City
Mashhad
Grant name
-
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Vice Chancellor for research of Mashhad 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
Neyshabur University of Medical Sciences
Full name of responsible person
Azam Salarhaji
Position
Msc in psychiatric nursing
Other areas of specialty/work
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Web page address

Person responsible for scientific inquiries

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Web page address

Person responsible for updating data

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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