

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of music on nurses stress level from intensive care units

#### Protocol summary

##### Summary

The aim of this study was to determine the effect of music on preferential stress levels of nurses working in intensive care units in hospitals affiliated to Alborz University of Medical Sciences province. In this clinical trial study, number 127 samples are selected through census and divided randomly into experiment and control groups. First of all stress levels were measured by questionnaire. Then the intervention group for 12 weeks, three times a week and every 20 minutes of instrumental music and gentle listen preferential. The control group did not receive any intervention. The questionnaire was filled out by the two groups, and stress levels were measured to compare the effect became. (variables): Music; Stress. Inclusion criteria: the sample is at least a bachelor's degree in nursing. Exclusion criteria: The sample of each type of anti-stress and anti-anxiety medications are used.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2015070323042N1**

Registration date: **2016-03-09, 1394/12/19**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2016-03-09, 1394/12/19

##### Registrant information

##### Name

Tahereh Nasrabadi

##### Name of organization / entity

Azad university

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 2200 6632

##### Email address

nasrabadi.t@iautmu.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

investigator

##### Expected recruitment start date

2015-03-21, 1394/01/01

##### Expected recruitment end date

2015-06-21, 1394/03/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of music on nurses stress level from intensive care units

##### Public title

The effect of music on nurses stress level from intensive care units

##### Purpose

Supportive

##### Inclusion/Exclusion criteria

Inclusion criteria: the sample is at least a bachelor's degree in nursing. Exclusion criteria: The sample of each type of anti-stress and anti-anxiety medications are used.

##### Age

No age limit

##### Gender

Both

##### Phase

2

##### Groups that have been masked

No information

## Sample size

Target sample size: 127

## 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

Ethics Committee, Azad University, Tehran Unit

##### Street address

Zarghande Street, Shariaty Street, Tehran

##### City

Tehran

##### Postal code

#### Approval date

2015-02-12, 1393/11/23

#### Ethics committee reference number

1055

## Health conditions studied

### 1

#### Description of health condition studied

Stress

#### ICD-10 code

Z56.3

#### ICD-10 code description

Stressful work schedule

## Primary outcomes

### 1

#### Description

Stress

#### Timepoint

before intervention and 3 months after

#### Method of measurement

Nurssing stress scale questionnair

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

This group are without intervention

#### Category

N/A

### 2

#### Description

The sample units in group intervention heard the preferred music in 12 weeks, 3 times each week, 20 minutes each time.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Shahid Madani Hospital

##### Full name of responsible person

Malikeh-Sadat Ebrahimi

##### Street address

Jahanshahr , Karaj , Iran

##### City

Karaj

### 2

#### Recruitment center

##### Name of recruitment center

Shahid Bahonar Hospital

##### Full name of responsible person

Malikeh- Sadat Ebrahimi

##### Street address

Azimiye , Karaj , Iran

##### City

karaj

### 3

#### Recruitment center

##### Name of recruitment center

Dotor Shariati Hospital

##### Full name of responsible person

Malikeh- Sadat Ebrahimi

##### Street address

Hashtgherd . Karaj , Iran

##### City

Hashtgherd

### 4

#### Recruitment center

##### Name of recruitment center

Shahid Rajaei Hospital

##### Full name of responsible person

Malikeh-Sadat Ebrahimi

**Street address**  
Rajaei Street , karaj , Iran  
**City**  
karaj

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**Recruitment center**  
**Name of recruitment center**  
Emam Jafar Sadegh Hospital  
**Full name of responsible person**  
Malikeh-Sadat Ebrahimi  
**Street address**  
Nazarabad , karaj , Iran  
**City**  
Nazarabad

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**Recruitment center**  
**Name of recruitment center**  
Emam Ali Hospital  
**Full name of responsible person**  
Malikeh-Sadat Ebrahimi  
**Street address**  
Azimiye , Karaj , Iran  
**City**  
Karaj

## Sponsors / Funding sources

1

**Sponsor**  
**Name of organization / entity**  
Vice chancellor for research , Azad University of  
Medical Sciences  
**Full name of responsible person**  
Doctor Hasan Eftekhari Ardebili  
**Street address**  
Zarghande st , Shariati st , Tehran , Iran  
**City**  
Tehran  
**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 , Azad 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**  
Azad University  
**Full name of responsible person**  
Malikeh - Sadat Ebrahimi  
**Position**  
Master Sciences Student of Nursing  
**Other areas of specialty/work**  
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Zarghande st , Shariati st , Tehran  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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**Position**  
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**Street address**  
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**Email**

sea6531@yahoo.com

**Web page address**

**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*