

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

5

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
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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