

Clinical Trial Protocol

Iranian Registry of Clinical Trials

13 Jul 2026

Evaluation the effect of web-based life skills education on burnout of the nurses

Protocol summary

Summary

This study evaluated the effectiveness of life skills education on burnout of the nurses working in jahroms' hospitals. Both hospital nurses that have Inclusion criteria for the study were selected and completed Burnout Inventory. Design: In this randomized control trial, 104 nurse will be chosen by simple random allocation method then they will be randomly divided into control and intervention groups by randomization by a research assistant. To avoid bias, double blinding method will be used for statistical analyst and the researcher. Inclusion criteria: Have at least two years of work experience! Graduation: Diploma or higher! At least in one burnout dimension, has average score or high score! Have access to computer and the Internet.! Have access to computer and the Internet. Exclusion criteria: Lack of willingness of nurse to participate in the research! Absence from more than two sessions of group interaction! Use of stimulants, anti-anxiety and anti-depression drug and Narcotics! A person with history of chronic mental and physical disorder. The nurses who have some degree of burnout (middle and high) according to the Maslach Burnout guide have been chosen, that 52 nurses were randomly assigned to the intervention group and 52 nurses were in the control group. Life skills training will be taught to the intervention group. Life skills, including 10 skills (Decision making, Problem solving, Creative thinking, Critical thinking, Skills ability to communicate effectively, Creating and maintaining relationships between individual, self-awareness, Empathy, Coping skill with emotions, Coping skill with stress). Each week through the website will be taught a skill to be taught and after 11 weeks of job burnout questionnaire completed by the intervention and control groups

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016071023279N6**

Registration date: **2016-09-28, 1395/07/07**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-09-28, 1395/07/07

Registrant information

Name

Shahrzad Yektatalab

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 3647 4254

Email address

yekdash@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research ,Shiraz University of Medical Sciences

Expected recruitment start date

2016-05-30, 1395/03/10

Expected recruitment end date

2016-07-10, 1395/04/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Evaluation the effect of web-based life skills education on

burnout of the nurses

Public title

The effect of Life skills training on burnout of the nurses

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Have at least two years of work experience! Graduation: Diploma or higher! At least in one burnout dimension, has average score or high score! Have access to computer and the Internet. Exclusion criteria: Lack of willingness of nurse to participate in the research! Absence from more than two sessions of group interaction! Use of stimulants, anti-anxiety and anti-depression drug and Narcotics! A person with history of chronic mental and physical disorder

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **104**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double 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 of Shiraz University of Medical Sciences

Street address

Central Building of Shiraz University of Medical Sciences, Zand st

City

Shiraz

Postal code

Approval date

2016-05-29, 1395/03/09

Ethics committee reference number

IR.SUMS.REC.1395.32

Health conditions studied

1

Description of health condition studied

Burnout

ICD-10 code

Z 730.0

ICD-10 code description

Burn-out

Primary outcomes

1

Description

Burnout

Timepoint

Before intervention, 1 week After intervention

Method of measurement

Maslach Burnout Inventory

Secondary outcomes

1

Description

-

Timepoint

-

Method of measurement

-

Intervention groups

1

Description

Group control: No intervention considered for the control group.

Category

N/A

2

Description

Group Intervention: Life skills training will be taught to the intervention group. Life skills, including 10 skills (Decision making, Problem solving, Creative thinking, Critical thinking, Skills ability to communicate effectively, Creating and maintaining relationships between individual, self-awareness, Empathy, Coping skill with emotions, Coping skill with stress). Each week through the website will be taught a skill to be taught and after 11 weeks of job burnout questionnaire completed by the intervention and control groups

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Peymanieh Hospital of Jahrom

Full name of responsible person

Mr. Jowkar Abdolazim

Street address

Valiasr Street, Jihad sq.

City

Jahrom

2

Recruitment center

Name of recruitment center

Motahari Hospital of Jahrom

Full name of responsible person

Dr Rostami Hossein

Street address

End Motahari St.

City

Jahrom

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

Full name of responsible person

Poust Froush Fard Ali

Street address

The Central Building, Shiraz University of Medical Sciences, Zand st

City

Shiraz

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, Shiraz 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

School of Nursing & Midwifery Shiraz

Full name of responsible person

Yektatalab Shahrzad

Position

Assistant professor, PhD

Other areas of specialty/work

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Person responsible for scientific inquiries

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Person responsible for updating data

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Name of organization / entity

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Bachelor of Nursing

Other areas of specialty/work

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Fax
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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