

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jul 2026

The effect of Emotional Intelligence (EI) Training on Nurses' Resiliency and Job Stress

Protocol summary

Summary

This quasi-experimental study to determine the variables emotional intelligence , resiliency and occupational stress in the intervention and control groups before and after the intervention and comparison of these variables in the intervention and control groups before and after the intervention will be carried out . study population will be consist of nurses working in psychiatric hospitals that Based on objective and according to criteria such as There are no formal training in the field of emotional intelligence and having Minimum one year experience in Roozbeh Psychiatric and Center Exclusion criteria from the study such as Lack of participation and illness or condition that prevents or company to continue working at the time of the study; retire or transfer to other centers; Incomplete or non-delivery of questionnaires during the study; People who have been identified psychosocial problems and drug use for it as well And calculations based on a sample size of 76 patients were selected based on a table of random numbers will be assigned to two intervention and control groups. data by Demographics data questionnaire, Bar- on Emotional Intelligence questionnaires and Karazak Job Content Questionnaire will be collected. The three questionnaires will be completed by nurses in the intervention group and the control group, then held a one day workshop for training in emotional intelligence skills along with practical exercises in the workshop will be presented. Following a six- week training in writing (by providing educational pamphlets skills of Emotional Intelligence) institutionalization of training will follow. Then all three of the questionnaire will be completed by both the intervention and control groups.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015080823551N1**

Registration date: **2015-08-26, 1394/06/04**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-08-26, 1394/06/04

Registrant information

Name

Sedighe Khoshnazary

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Country

Iran (Islamic Republic of)

Phone

+98 21 2218 0083

Email address

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Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation Sciences

Expected recruitment start date

2014-08-23, 1393/06/01

Expected recruitment end date

2015-02-20, 1393/12/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of Emotional Intelligence (EI) Training on Nurses' Resiliency and Job Stress

Public title

The effect of Emotional Intelligence (EI) on Nurses' Resiliency and Job Stress

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria of study: Having a bachelor's degree or higher in one of the shifts: morning, afternoon and evening are working Roozbeh Psychiatric Hospital; not Pass formal training in the field of emotional intelligence; Minimum one year experience in Roozbeh Psychiatric Center; Exclusion criteria from the study: Lack of participation and compliance in the application of emotional intelligence; illness or condition that prevents or company to continue working at the time of the study; Withdrew from the study due to lack of desire, retire or transfer to other centers; Incomplete or non-delivery of questionnaires during the study; People who have been identified psychosocial problems and drug use for it as well.

Age

No age limit

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: 76

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 of University of Social Welfare and Rehabilitation sciences

Street address

Koodakyar Avenue, Daneshjoo Blvd, Evin, Tehran

City

Tehran

Postal code

1985713834

Approval date

2014-04-19, 1393/01/30

Ethics committee reference number

IR.USWR.REC.1394.7

Health conditions studied**1****Description of health condition studied**

Job stress

ICD-10 code

Z56

ICD-10 code description

Problems related to employment and unemployment

2**Description of health condition studied**

Resiliency

ICD-10 code

-

ICD-10 code description

-

Primary outcomes**1****Description**

Resiliency

Timepoint

Before and 2 months after the intervention

Method of measurement

Connor - Davidson Resiliency Scale(CD-RISC)

2**Description**

Job Stress

Timepoint

Before and 2 months after the intervention

Method of measurement

Job Content Questionnaire

Secondary outcomes**1****Description**

-

Timepoint

-

Method of measurement

-

Intervention groups**1****Description**

Intervention group: The intervention consisted of one-day workshop will be 7 hours. In this workshop, the

training necessary to be familiar with the history, the definition of emotional intelligence and its application in the workplace, the family and with the people around will be provided, after which 15 educational pamphlets skills of emotional intelligence will be provided for a period of 6 weeks

Category

Behavior

2

Description

control Group: No intervention

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Roozbeh Hospital

Full name of responsible person

Sedigheh Khoshnazary

Street address

South Kargar Street, Lower than Lashgar Crossroad

City

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation Sciences

Full name of responsible person

Dr.Hamidreza Khankeh

Street address

Koodakyar Avenue, Daneshjoo Blvd, Evin, 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 Social Welfare and Rehabilitation 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

University of Social Welfare and Rehabilitation sciences

Full name of responsible person

Sedigheh khoshnazary

Position

Master student of medical surgical nursing

Other areas of specialty/work

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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