

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Clinical Trial of the Effect of Educational Stress Management on Job Stress of Operating Room Nurses

Protocol summary

Summary

Job stress is a psycho-social stress that is created as a result of hard working conditions and affects the performance and physical and mental health of an individual. The nature of the work in a hospital, especially in an operating room, creates a significant level of stress and tension for nurses. The intended purpose of this study is therefore to evaluate the effect of stress management training on job stress in operating room nurses. This study is a randomized controlled clinical trial with a sample size of 60. The operating room nurses who fill in the Osipow questionnaire are randomly selected and divided in to experimental and control groups using the RA software. The experimental group will participate in an interventional program. The interventional program is carried out through five weekly training 45-minute- session. During each session, participants receive training on stress management strategies including relaxation techniques. After the completion of the interventional program, the experimental and control groups will once again fill in the questionnaires. The inclusion criteria are: Having a bachelor's or master's degree; having a job stress score of 150 or greater; willingness to participate in the study; having at least 5 years of work experience. Exclusion criteria is: Deciding to withdraw from the study and discontinuing participation. The Osipow questionnaire includes 60 questions to measure stress factors through 5-point Likert scale. The score of 150-300 indicates moderate to severe stress. The analysis of data will be done through paired t-test and independent t-test using SPSS version 18.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201611092432N3**

Registration date: **2017-05-23, 1396/03/02**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-05-23, 1396/03/02

Registrant information

Name

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Name of organization / entity

Shiraz University Medical Sciences

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+98 71 1647 4254

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Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2016-11-04, 1395/08/14

Expected recruitment end date

2017-01-03, 1395/10/14

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Clinical Trial of the Effect of Educational Stress Management on Job Stress of Operating Room Nurses

Public title

Effect of Educational Stress Management on Job Stress of

Operating Room Nurses

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criteria: Having a bachelor's or master's degree; having a job stress score of 150 or greater; willingness to participate in the study; having at least 5 years of work experience; having no history of psychiatric disorders. Exclusion criteria: Deciding to withdraw from the study and discontinuing participation; being absent in more than one session of the interventional program; taking sedatives; incidence of psychiatric disorders during the study; attending in relaxation, yoga, or meditation classes.

Age

From **20 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

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, Shiraz, Iran

Street address

Shiraz University of Medical Sciences, Zand Street, Shiraz

City

Shiraz

Postal code

7193613119

Approval date

2016-10-22, 1395/08/01

Ethics committee reference number

IR.SUMS.REC.1395.133

Health conditions studied

1

Description of health condition studied

job stress

ICD-10 code

F40-F48

ICD-10 code description

Neurotic, stress-related and somatoform disorders

Primary outcomes

1

Description

Job stress

Timepoint

at the beginning of the study and after the completion of interventional program

Method of measurement

Osipow questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The interventional program is carried out for the experimental group through five weekly training 45 - minute-session. During each session, participants receive training on stress management strategies including relaxation techniques, positive thinking, diaphragmatic breathing, and imagination. After the completion of the interventional program, the experimental and control groups will once again fill in the questionnaires and their job stress scores will be reassessed.

Category

Lifestyle

2

Description

Job stress scores of the control group are assessed two times, once at the beginning of the study and the second time after the completion of the experimental group's interventional program.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Namazi Hospital affiliated to Shiraz University of Medical Sciences, Shiraz, Iran

Full name of responsible person
Azadeh Amiri
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Shiraz University of Medical Sciences
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Shiraz University of Medical Sciences, Zand Street,
Shiraz
City
Shiraz
Grant name
-
Grant code / Reference number
-
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
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 and Midwifery, Shiraz University of
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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