

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 Jul 2026

The Comparison Effect of Narrative Writing and Art Therapy on Maternal Stress in Neonatal Intensive Care Settings

Protocol summary

Summary

This study is doing with purpose that to compare the efficacy of narrative writing and art therapy on maternal stress. Research is that kind of experimental design triple blind clinical trial. sampling is doing accidental (Random). The total volume of sample is , 54 mothers of premature infants hospitalized in neonatal intensive care units. This study is doing on mothers and the mothers accidental will Assigned to three groups of art therapy ,in the art therapy and narrative writing groups mothers of two groups in the second day of hospitalization(c) will complete the parental stress questionnaire. And they are doing at least three times drawing up in the sixth day of hospitalization (in the group art therapy) and narrative writing (in narrative writing group). and at last they will asked that complete the parenting stress questionnaire in the sixth day of hospitalization of their infants. But mothers of control group will complete the parenting stress questionnaire in the second day of hospitalization of their infants and then for these mothers are doing only routine interventions in the duration of hospitalization of their infants . and then they will be asked to complete the parenting stress questionnaire

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2016020926478N1**

Registration date: **2016-04-03, 1395/01/15**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-04-03, 1395/01/15

Registrant information

Name

Negarín Akbari

Name of organization / entity

Shahrood University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 23 3239 5054

Email address

negarin@shmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Vice chancellor for research, Shahrood University of Medical Sciences

Expected recruitment start date

2016-04-03, 1395/01/15

Expected recruitment end date

2017-04-04, 1396/01/15

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Comparison Effect of Narrative Writing and Art Therapy on Maternal Stress in Neonatal Intensive Care Settings

Public title

The Comparison Narrative Writing and Art Therapy on Maternal Stress

Purpose

Supportive

Inclusion/Exclusion criteria

The inclusion criteria were: having an infant less than 38 gestational age with at least one day of hospitalization in NICU, Mothers who are literate, Mothers ' neonate with at

least six days hospitalization in the NICU, Mothers who do at least three times during the five-day narrative writing and art therapy , not having another child with the history of hospitalization in the NICU, not having sick children at home, not having a severe stressful problem in the last 2 months, not having a history of psychedelic and drug use ,being present in NICU at least three times a week. Mothers' exclusion criteria included: Narrative writing and art therapy less than three times a week, infant death, less than 6 days of infant's hospitalization and lack of interest in continue in the research .

Age

No age limit

Gender

Female

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 105

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Triple 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 Shahroud University of Medical Sciences

Street address

Hafte-Tir Sq, Shahroud, Iran

City

Shahroud

Postal code**Approval date**

2010-09-23, 1389/07/01

Ethics committee reference number

SHMU.REC.1394.179

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

Stress

ICD-10 code

F43.1

ICD-10 code description

F43.1

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

Stress

Timepoint

2rd day, 6 th day

Method of measurement

Parental Stressor Scale

Secondary outcomes

empty

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

Intervention group 1: In the art therapy group mothers will complete the parenting stress of mothers questionnaire in the second day of hospitalization of their infant. And they are drawing at least three times in the sixth day of hospitalization of their infants and at last they will asked that complete the parenting stress questionnaire in the sixth day of hospitalization of their infants

Category

Behavior

2**Description**

Intervention group 2: In the narrative writing group mothers will complete the parenting stress of mothers questionnaire in the second day of hospitalization of their infant. And then they are writing at least three times in the sixth day of hospitalization of their infants and at last they will asked that complete the parenting stress questionnaire in the sixth day of hospitalization of their infants.

Category

Behavior

3**Description**

Control group: Mothers of control group will complete the parenting stress questionnaire in the second day of hospitalization of infants and at last they will asked that complete the parenting stress questionnaire in the sixth day of hospitalization of their infants.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Emam hosein hospital

Full name of responsible person

Negarin Akbari

Street address**City**

Shahroud

2

Recruitment center

Name of recruitment center

Fatemie hospital

Full name of responsible person

Negarin Akbari

Street address**City**

Shahroud

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Vice chancellor for research, Shahroud University of Medical Sciences

Full name of responsible person

Mohammad hasan Emamian

Street address

Shahroud University of Medical Sciences, Hafte-Tir Sq, Shahroud, Iran

City

Shahroud

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, Shahroud 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

Shahroud University of Medical Sciences

Full name of responsible person

Negarin Akbari

Position

Master of Nursing, Faculty member

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Web page address

empty

Sharing plan

Informed Consent Form

empty

Deidentified Individual Participant Data Set (IPD)

Clinical Study Report

empty

empty

Study Protocol

Analytic Code

empty

empty

Data Dictionary

Statistical Analysis Plan

empty