

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Sep 2026

### The effect of health messages on the quality of working life, burnout and stress among nurses working in intensive care units

#### Protocol summary

##### Summary

This study aimed to determine the effect of health messages quality of work life, burnout and stress among nurses working in intensive care units will be, Random from hospitals in the city of Babol as a hospital and a hospital groups will be selected as the control group. Nurses work in a special section with at least one year and no mental illness, Galdard questionnaire for burnout, job stress questionnaire and Richard Walton Osipow to be completed for the quality of their working life. Then the nurse groups 6 text messages sent per week. This means that two messages a week of each variable with fixed interval in order to be sent to 3 months. And immediately after the intervention (a day later) questionnaire to be completed by both groups. As well as a month after the intervention, the questionnaire is completed by two groups. The sample size considering the inclusion criteria based on the two studied hospitals, All nurses in ICU included.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016050227722N1**

Registration date: **2016-07-01, 1395/04/11**

Registration timing: **prospective**

Last update:

Update count: **0**

##### Registration date

2016-07-01, 1395/04/11

##### Registrant information

##### Name

BEHNAM ESBAKIAN

##### Name of organization / entity

SHAHED UNIVERSITY

##### Country

Iran (Islamic Republic of)

##### Phone

+98 911 911 4617

##### Email address

heravi@shahed.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Babol University of Medical Sciences

##### Expected recruitment start date

2016-07-20, 1395/04/30

##### Expected recruitment end date

2016-07-25, 1395/05/04

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of health messages on the quality of working life, burnout and stress among nurses working in intensive care units

##### Public title

The impact of health messages on the quality of working life, burnout and stress among nurses working in intensive care units

##### Purpose

Health service research

##### Inclusion/Exclusion criteria

The inclusion criteria: have at least a bachelor's degree in nursing; at least a year in a special section; a history of mental illness and drug use are also Hazrnyz have not been medicated. Exclusion criteria: not having a bachelor's degree in nursing; less than one year of work experience in a particular sector; a history of mental illness and drug use are factors that caused the

withdrawal of the special department personnel such as retirement, dismissal, ...;

#### Age

No age limit

#### Gender

Both

#### Phase

N/A

#### Groups that have been masked

No information

#### Sample size

Target sample size: 80

#### 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

Shahed University

##### Street address

In front of the shrine of Imam Khomeini (RA)

##### City

Tehran

##### Postal code

3319118651

#### Approval date

2016-01-21, 1394/11/01

#### Ethics committee reference number

IR.SHAHED.REC.1394.94

## Health conditions studied

### 1

#### Description of health condition studied

quality of work life

#### ICD-10 code

F99

#### ICD-10 code description

Mental disorder, not otherwise specified

### 2

#### Description of health condition studied

JOB STERES

#### ICD-10 code

F43.0

#### ICD-10 code description

Acute stress reaction

## Primary outcomes

### 1

#### Description

Job stress

#### Timepoint

ترجمه قبل از مداخله؛ یک روز بعد از اتمام مداخله؛ یک ماه بعد از اتمام مداخله  
Before the intervention, a day after the intervention, one month after intervention

#### Method of measurement

Job Stress Questionnaire Osipow

### 2

#### Description

Quality of working life

#### Timepoint

Before the intervention a day after the intervention a month after intervention

#### Method of measurement

Richard Walton questionnaire to assess quality of life -  
Galdard questionnaire to assess burnout - Osipow job questionnaire and job stress for nurses special section

### 3

#### Description

Burnout

#### Timepoint

Before the intervention, a day after the intervention, one month after intervention

#### Method of measurement

Burnout Inventory Galdard

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Type of intervention, the experimental group health messages, This means that two messages per week to reduce stress and 2 messages per week to reduce burnout and 2 SMS per week to improve the quality of life for a period of 3 months will be sent. But no message will be sent to the control group.

#### Category

Prevention

### 2

#### Description

Intervention for the control group will not be

#### Category

N/A

## Recruitment centers

### 1

#### Recruitment center

**Name of recruitment center**

Babol University of Medical Sciences

**Full name of responsible person**

intensive care unite nurses

**Street address**

Babol

**City**

Babol

## Sponsors / Funding sources

### 1

#### Sponsor

**Name of organization / entity**

SHAHED UNIVERSITY

**Full name of responsible person**

BEHNAM.ESBAKIAN

**Street address**

The shrine of Imam (AS)

**City**

TEHRAN

**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

SHAHED UNIVERSITY

**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**

Shahed university

**Full name of responsible person**

Majide heravi

**Position**

PhD-Associate Professor

**Other areas of specialty/work****Street address**

Asr intersection of Taleghani-School of Nursing  
shahed

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## Person responsible for scientific inquiries

#### Contact

**Name of organization / entity**

Shahed university

**Full name of responsible person**

Behnam esbakian bandpey

**Position**

Critical Care Nursing Graduate Student

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## Person responsible for updating data

#### Contact

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**Full name of responsible person**

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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*