

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

04 Jul 2026

### Assessment of the role of work-related stress management on job satisfaction and sleep disturbance among dentists: a clinical trial

#### Protocol summary

##### Summary

Present before after clinical trial will perform to assess the impact of stress management on sleep disturbance and job satisfaction among dentists. This study will perform on all of the dentists of Milad hospital. In the first phase, Barry Field-Roth's, Osipow, and Pittsburgh questionnaires will be completed for all of study participants and a four-hour stress management workshop will be performed for them. The material of the workshop will be developed according to the literature. The workshop will be held in one day. After six months, study questionnaires including Barry Field-Roth's, osipow, and Pittsburgh will be completed again. Frequency of sleep disturbance and job satisfaction will be assessed as outcomes of interest among the study participants.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2016052528066N1**

Registration date: **2017-01-31, 1395/11/12**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2017-01-31, 1395/11/12

##### Registrant information

###### Name

Mohammad Hassan Nassiri-Kashani

###### Name of organization / entity

Iran University Of Medical Sciences

###### Country

Iran (Islamic Republic of)

###### Phone

+98 21 8862 2682

###### Email address

nasirikashani.mh@iums.ac.ir

###### Recruitment status

**Recruitment complete**

###### Funding source

Vice chancellor for research and technology, Iran University of Medical Sciences

###### Expected recruitment start date

2016-04-29, 1395/02/10

###### Expected recruitment end date

2016-07-31, 1395/05/10

###### Actual recruitment start date

empty

###### Actual recruitment end date

empty

###### Trial completion date

empty

###### Scientific title

Assessment of the role of work-related stress management on job satisfaction and sleep disturbance among dentists: a clinical trial

###### Public title

Stress management role on job variables among dentists

###### Purpose

Prevention

###### Inclusion/Exclusion criteria

Inclusion criteria: being dentist or dental at the beginning of the study. Exclusion criteria: doesn't have personal satisfaction for study participation

###### Age

No age limit

###### Gender

Both

###### Phase

N/A

###### Groups that have been masked

No information

### Sample size

Target sample size: **150**

### Randomization (investigator's opinion)

N/A

### Randomization description

### Blinding (investigator's opinion)

Not blinded

### Blinding description

### Placebo

Not used

### Assignment

Other

### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethical committee of Iran University of Medical Sciences

##### Street address

Iran university of medical sciences, east hemat highway, Theran-Iran

##### City

Tehran

##### Postal code

#### Approval date

2016-02-20, 1394/12/01

#### Ethics committee reference number

IR.IUMS.REC.1394.27585

## Health conditions studied

### 1

#### Description of health condition studied

Insomnia

#### ICD-10 code

F51.0

#### ICD-10 code description

Nonorganic insomnia

### 2

#### Description of health condition studied

Occupational Stress

#### ICD-10 code

Z57

#### ICD-10 code description

occupational exposure to stress as risk-factor

## Primary outcomes

### 1

#### Description

Sleep habits of participants

#### Timepoint

before and six months after intervention

#### Method of measurement

Pittsburgh Questionnaire

### 2

#### Description

Job satisfaction of participants

#### Timepoint

before intervention and six months later

#### Method of measurement

Brayfield-Rothe Job Satisfaction Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Four Hours lecture in one day according to the stress management and control guideline for all of the participants

#### Category

Prevention

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Milad Hospital

##### Full name of responsible person

Amir Bahrami-Ahmadi

##### Street address

Milad hospital, Hemat highway, Tehran-Iran

##### City

Tehran

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for Research and Technology, Iran University of Medical Science

##### Full name of responsible person

Mrs Azvan

##### Street address

Fifth floor, Iran university of medical sciences, East Hemat highway, Tehran-Iran

##### City

Tehran

**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 and Technology, Iran  
University of Medical Science  
**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**  
Occupational Medicine Research Center  
**Full name of responsible person**  
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## Person responsible for scientific inquiries

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## Person responsible for updating data

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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*