

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

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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

Mrs Marzieh Mousavi

Position

Clerck

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Occupational Medicine Research Center

Full name of responsible person

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Position

Occupational medicine specialist

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Occupational Medicine Research Center

Full name of responsible person

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Researcher

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Web page address**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