Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Nov 2026

A randomized controlled trial to evaluate the effect of reflective journaling on the empathy with patients among nursing students

Protocol summary

Summary

This randomized controlled trial as a single-site study was aimed to determine the effect of reflective journaling on the empathy with patients among nursing students. In this study, 72 students who are studying at the fifth or seventh semester of the baccalaureate nursing program in the Birjand University of Medical Sciences in 2016-2017 will be selected. These students will fulfill the inclusion criteria such as willingness to participate in research. Demographic data form and the Jefferson Empathy Scale (2007) will be completed by all subjects. Then, participants will be randomly assigned into intervention (n = 36) and control (n = 36) groups using block method. In the next step, based on the Gibbs' reflective cycle (1988), reflective journaling will be taught to the participants in the intervention group. At the end of each week of clinical training in the different, the journaling reports prepared by the intervention group will be given to the researcher. After reviewing the content of reports, uncritically appropriate feedbacks will be provided by the researcher and will be presented to the students. The control group will receive no intervention. The two groups will complete the study scale before intervention, at the end of the eighth week of intervention as well as one month after intervention completion.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017040933331N1**
Registration date: **2017-06-04, 1396/03/14**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-06-04, 1396/03/14

Registrant information

Name
Bahare Zarei
Name of organization / entity
Birjand University of Medical Sciences
Country
Iran (Islamic Republic of)
Phone
+98 56 3231 4529
Email address
baharezarei@bums.ac.ir

Recruitment status

Recruitment complete

Funding source

Birjand University of Medical Sciences

Expected recruitment start date

2017-01-04, 1395/10/15

Expected recruitment end date

2017-04-07, 1396/01/18

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A randomized controlled trial to evaluate the effect of reflective journaling on the empathy with patients among nursing students

Public title

The effect of reflective journaling on the empathy with patients

Purpose

Other

Inclusion/Exclusion criteria

Inclusion criteria: willingness to participate in research

and signing an informed consent form; studying at the fifth or seventh semester of the baccalaureate nursing program in the Birjand University of Medical Sciences. Exclusion criteria: unwillingness to enter the study; unwillingness to continue participating in the study; any event that lead to student's failure to attend in clinical training of fifth or seventh semester.

Age
From **19 years** old to **30 years** old

Gender
Both

Phase
2-3

Groups that have been masked
No information

Sample size
Target sample size: **72**

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
Ethics commitee of Birjand University of Medical Sciences

Street address
Vice chancellor for research and technology, Birjand University of Medical Sciences

City
Birjand

Postal code

Approval date
2017-01-02, 1395/10/13

Ethics committee reference number
Ir.bums.REC.1395.200

Health conditions studied

1

Description of health condition studied
Particular health condition

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description
Empathy

Timepoint
Before intervention, at the end of the eighth week of intervention as well as one month after intervention completion

Method of measurement
Jefferson Empathy Scale

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: Based on the Gibbs' reflective cycle (1988), reflective journaling will be taught to participants. At the end of each week of clinical training in the different wards, the journaling reports prepared by the intervention group will be given to the researcher. After reviewing the content of reports, uncritically appropriate feedbacks will be provided by the researcher and will be presented to the students.

Category
Other

2

Description
Control group: No intervention will be done.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Birjand University of Medical Sciences

Full name of responsible person

Street address
Birjand University of Medical Sciences, Ayatollah Ghafari Street

City
Birjand

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice Chancellor for Research, Birjand University of Medical Sciences

Full name of responsible person
Doctor Toba Kazemi
Street address
Vice chancellor for research, Birjand University of Medical Sciences, Ayatollah Ghafari Street,
City
Birjand
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, Birjand 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
Birjand University of Medical Sciences, Nursing and Midwifery College
Full name of responsible person
Bahare Zarei
Position
Master of Nursing Student
Other areas of specialty/work
Street address
Nursing and Midwifery College, Birjand University of Medical Sciences, Ayatollah Ghaffari Street,
City
Birjand
Postal code
Phone
+98 56 3238 1410
Fax
Email
Baharezarei@bums.ac.ir; baharezarei.d@gmail.com; baharehzarei.55@yahoo.com.
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Birjand University of Medical Sciences
Full name of responsible person
Bahare Zarei
Position
Master of nursing student
Other areas of specialty/work
Street address
Nursing and Midwifery College, Birjand University of Medical Sciences, Ayatollah Ghaffari Street,
City
Birjand
Postal code
Phone
+98 56 3238 1410
Fax
Email
Baharezarei@bums.ac.ir; baharezarei.d@gmail.com; baharehzarei.55@yahoo.com.
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Birjand University of Medical Sciences
Full name of responsible person
Bahare Zarei
Position
Other areas of specialty/work
Street address
City
Birjand
Postal code
Phone
00
Fax
Email
Baharezarei@bums.ac.ir; baharezarei.d@gmail.com; baharehzarei.55@yahoo.com.
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