

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 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 committee 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**

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inquiries****Contact****Name of organization / entity**

Birjand University of Medical Sciences

Full name of responsible person

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Position

Master of nursing student

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Full name of responsible person

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

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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