Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of stress management education using problem-solving approach on moral distress in novice nurses.

Protocol summary

Summary

Objectives: provide a simple executive strategy for managing of stress, creating a positive attitude and reducing the moral distress of novice nurses. Field of Study: randomized, double-blind, placebo-free, multi-center, one phase of clinical trial. A. Study population: Novice nurses in governmental hospitals in Khorramabad city. Inclusion criteria: Willingness to participate in the study; Nurses with Bachelor's Degree and Master's Degree; No history of mental illness; Not attending stress management training classes during the last year; Exclusion criteria: Reluctance to continue to participate in the study; The death of each participant during the study; Sample size: 70, with the possibility of sample loss. B) Intervention: The effect of stress management education using problem-solving approach on moral distress in novice nurses. C) The study period: from 11 September 2017 to 11 November 2017. D) The primary outcome: Creating a positive attitude and reducing the moral distress of novice nurses.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017042233569N1**
Registration date: **2017-09-23, 1396/07/01**
Registration timing: **retrospective**

Last update:
Update count: **0**

Registration date

2017-09-23, 1396/07/01

Registrant information

Name
Zeinab Biranvand
Name of organization / entity
Arak University of Medical Sciences
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Recruitment status

Recruitment complete

Funding source

Vice Chancellor for Research of Arak University of Medical Sciences

Expected recruitment start date

2017-06-22, 1396/04/01

Expected recruitment end date

2017-09-23, 1396/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of stress management education using problem-solving approach on moral distress in novice nurses.

Public title

The effect of stress management education on nurses' moral distress.

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in the study; Work experience less than 3 years; Age between 27-23 years; Nurses with Bachelor's Degree and Master's Degree; No history of mental illness Not attending to stress management training classes during the last year; Exclusion criteria: reluctance to continue to participate in

the study; Death of each participant during the study; Transfer to another city for work;

Age
From **22 years** old to **26 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **70**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Double blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features
The samples were selected and randomly assigned to intervention and control groups, using blocking method.

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Commitee of Arak University of Medical Sciences

Street address
Arak University of Medical Sciences, Alam al hoda St, Rail road St

City
Arak

Postal code
38481-7-6941

Approval date
2017-04-23, 1396/02/03

Ethics committee reference number
IR.ARAKMU.REC.1395.449

Health conditions studied

1

Description of health condition studied
Moral Distress

ICD-10 code
F60.2

ICD-10 code description
Dissocial personality disorder

Primary outcomes

1

Description
Moral Distress

Timepoint
Before intervention, 3 months after intervention

Method of measurement
Querly moral confusion questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Control group: There is no intervention for the control group

Category
Behavior

2

Description
Intervention group: problem solving skills workshop for novice nurses in 7 sessions

Category
Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center
Governmental hospitals in Khorramabad city

Full name of responsible person
Morovaat Taheri Kalani, Vice Chancellor for Research of Lorestan University of Medical Sciences

Street address
Vice Chancellor for Research of Lorestan University of Medical Sciences, Khorram abad

City
Khorram abad

Sponsors / Funding sources

1

Sponsor

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

Full name of responsible person
Dr Ali Arash Anoshirvani, Vice Chancellor for Research of Arak University of Medical Sciences

Street address
Vice Chancellor for research, University complex of

great prophit, sardasht region

City

Arak

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 of Arak 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

Arak University of Medical Science

Full name of responsible person

Zeynab Biranvand

Position

MSc Student of Nursing in Medical Surgical Field

Other areas of specialty/work

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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