

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Jun 2026

The effect of stress management on stress experienced by first semester nursing students in clinical education, Arak University of Medical Science

Protocol summary

Summary

Purpose of the study: Provide a simple executive approach to managing stress in students. Type of the study: Randomized, Single blind, Non-placebo-controlled, Single center, Phase II and III trials. Study of the Population: First term nursing students at Arak University of Medical Sciences. Inclusion criteria: Willingness to participate in research; Not participating in any stress management workshops in the past; 18- 25 years old; No history of mental illness; Not having a nursing degree; No history of hospitalization. Exclusion criteria: Lack of interest in continuing to participate in every stage of the research; Having a critical situation during the study (death of loved ones; Marriage; etc.); Not doing the practices. Sample size: 69 people. Study of the intervention: The effect of stress management on stress experienced by first term nursing students in clinical education, Arak University of Medical Science Study of the time: 2017-04-09 until 2017-11-11 Primary outcome: Creating a positive attitude about stress management in students.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017052034041N1**

Registration date: **2017-07-15, 1396/04/24**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2017-07-15, 1396/04/24

Registrant information

Name

Sharareh Khosravi

Name of organization / entity

Arak University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 86 3417 3502

Email address

khosravi@arakmu.ac.ir

Recruitment status

Recruitment complete

Funding source

vice chancellor for research of Arak University of Medical Sciences

Expected recruitment start date

2017-04-09, 1396/01/20

Expected recruitment end date

2017-11-11, 1396/08/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of stress management on stress experienced by first semester nursing students in clinical education, Arak University of Medical Science

Public title

The effect of education on reduction of stress students

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: Willingness to participate in research; Not participating in any stress management workshops in the past; 18- 25 years old; No history of mental illness; Not having a nursing degree; No history of hospitalization. Exclusion criteria: Lack of interest in continuing to participate in every stage of the research,

Having a critical situation (death of loved ones, marriage, etc.) during the study, Not doing the practices.

Age

From **17 years** old to **24 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **69**

Randomization (investigator's opinion)

Not randomized

Randomization description

Blinding (investigator's opinion)

Single 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 Arak University of Medical Sciences

Street address

Arak University of Medical Sciences, Alamoll Huda Street, Railroad Street

City

Arak

Postal code

Approval date

2017-02-27, 1395/12/09

Ethics committee reference number

IR.ARAKMU.REC.1395.412

Health conditions studied

1

Description of health condition studied

Stress

ICD-10 code

Z73.3

ICD-10 code description

Stress, not elsewhere classified

Primary outcomes

1

Description

Stress

Timepoint

One day before training and immediately after training

Method of measurement

DASS-21 questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

The intervention group received a 2-day workshop to be held for 4 hours with the implementation of the Master of Psychology.

Category

Prevention

2

Description

The control group does not take place intervention.

Category

Prevention

Recruitment centers

1

Recruitment center

Name of recruitment center

Arak University of Medical Sciences

Full name of responsible person

Dr. Anoushirvani; Vice Chancellor for Research of Arak University of Medical Sciences

Street address

Vice Chancellor for research, University Complex of Great Prophet, Sardasht region

City

Arak

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 Anoushirvani, Vice Chancellor for research

Street address

Vice Chancellor for research, University Complex of Great Prophet, 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
Maryam EbrahimAbadi
Position
MSc of Nursing in Medical Surgical Field
Other areas of specialty/work
Street address
Great Prophet University Complex, Basij Sq, Sardasht region
City
Arak
Postal code
Phone
+98 86 3417 3505
Fax
Email
mebrahimi141@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Sharareh Khosravi
Position
Ph.D. of Nursing Education

Other areas of specialty/work
Street address
Great Prophet University Complex, Basij Sq, Sardasht region
City
Arak
Postal code
Phone
+98 86 3417 3505
Fax
Email
khosravi@arakmu.ac.ir
Web page address

Person responsible for updating data

Contact
Name of organization / entity
Arak University of Medical Sciences
Full name of responsible person
Sharareh Khosravi
Position
Ph.D. of Nursing Education
Other areas of specialty/work
Street address
Great Prophet University Complex, Basij Sq, Sardasht region
City
Arak
Postal code
Phone
+98 86 3417 3505
Fax
Email
khosravi@arakmu.ac.ir
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