

# 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**  
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## Person responsible for scientific inquiries

**Contact**  
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**Full name of responsible person**  
Sharareh Khosravi  
**Position**  
Ph.D. of Nursing Education

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## Person responsible for updating data

**Contact**  
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Arak University of Medical Sciences  
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Sharareh Khosravi  
**Position**  
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**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*