

Clinical Trial Protocol

Iranian Registry of Clinical Trials

03 Jul 2026

Effect of Time Management training on the style and quality of life of nurses in medical-Surgical hospitals of Mazandaran university of Medical Sciences

Protocol summary

Summary

The purpose of this study was determining the effect of time management training on the style and quality of life of nurses in medical-surgical hospitals of Mazandaran University of Medical Sciences in Sari in 2015. Inclusion criteria were job record at least one year in internal or surgical section (adult or pediatric) and not having experience at the time management training in the past. Exit criteria were discharge continuation of cooperation at any time from the research process. In this study, a sample size includes 70 nurses working in Medical-Surgical hospitals in Sari will be who will be selected available sampling method. The samples randomly were placed in two groups, intervention and control. Data will be collected before and after intervention, which is the training of time management skills (for intervention group) by using four questionnaires. Demographic Questionnaire, time management Questionnaire (Azizi Moghadam,1382) ,The quality of life questionnaire (Phatah Moghadam,1385) and Walker's Health promoting lifestyle questionnaire, Which will be collected for both groups . The intervention in this study includes two 1.5-hour sessions of the training of time management skills for nurses in the form of lectures and questions and answers. And the impact of time management skills on different areas of style and quality of life are measured.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017061834611N1**

Registration date: **2017-07-12, 1396/04/21**

Registration timing: **na**

Last update:

Update count: **0**

Registration date

2017-07-12, 1396/04/21

Registrant information

Name

Maryam Khoshgoyan

Name of organization / entity

International Branch of Shahid Beheshti University of Medical Sciences and Health Services

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Recruitment status

Not enough for processing

Funding source

Shahid Beheshti University of Medical Sciences and Health Services, Research Deputy of Shahid Beheshti Faculty of Nursing and Midwifery, Tehran

Expected recruitment start date

2014-12-07, 1393/09/16

Expected recruitment end date

1990-01-06, 1368/10/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Time Management training on the style and quality of life of nurses in medical-Surgical hospitals of Mazandaran university of Medical Sciences

Public title

Effect of Time Management training on the style and quality of life of nurses in medical-Surgical hospitals of Mazandaran university of Medical Sciences

Purpose

Other

Inclusion/Exclusion criteria

• Entry criterion Have at least a bachelor's degree in nursing Internal or surgical section (adult or pediatric) having a job record of at least one year in Lack of experience or experience at the Time Management Training Center in the past Employed nurses are official, contributing, contracted, contracted or planed The desire to participate in the study • Exit criteria -Discharge continuation of cooperation at any time from the research process

Age

From **23 years** old to **55 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **70**

Randomization (investigator's opinion)

N/A

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

International branches of Shahid Beheshti University of Medical Sciences and Health Services Interna

Street address

Plaque 19, Shahid Abbas pour street, Valiasr Av, Tehran

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ib@sbmu.ac.ir

Approval date

2016-06-21, 1395/04/01

Ethics committee reference number

شماره ۲۰۲ IR.SBMU.RETECH.REC.

Health conditions studied

1

Description of health condition studied

Determine the Effect of Time Management training on the style and quality of life of nurses in medical-Surgical hospitals of Mazandaran university of Medical Sciences in Sari 2016

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Improving the quality of life and lifestyle seeking to use time management skills

Timepoint

Once measurement was performed before intervention another one month after the intervention agane

Method of measurement

Moghadam Azizi Researcher's Time Management Questionnaire (2003), Quality of Life by Fateh Moghaddam (2006) and Walker Health Promotion Life (19)

Secondary outcomes

1

Description

life style

Timepoint

once before intervention agane after intervention

Method of measurement

Using the questionnaire

Intervention groups

1

Description

Nurses of Booali Hospital were interventional group. Intervention for this group was carried out. Intervention was the training of time management skills that was taught in two sessions of one and a half (1/5) hours and two consecutive days. The teaching method was lecture and question and answer, and the use of educational pamphlets. This training was conducted only for the intervention group and the control group did not receive any training. But both of them, have completed the questionnaires in two steps before and after the intervention

Category

Other

2

Description

Nurses of Imam Khomeini hospital were control group.
The control group did not receive any intervention.

Category

Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Boalisina Hospital

Full name of responsible person

Esmaeel Esmaeel nia

Street address

Boalisina Hospital, Pasdaran avenue, Sari,
Mazandaran

City

Sari

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences and
Health Services, Faculty of Nursing and Midwifery

Full name of responsible person

Azita Pourshirvani

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City

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Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Shahid Beheshti University of Medical Sciences and
Health Services, Faculty of Nursing and Midwifery

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

Shahid Beheshti University of Medical Sciences and
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Full name of responsible person

Maryam Kkhoshgoyan

Position

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Other areas of specialty/work

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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