

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

09 Jul 2026

### The Effect of Teaching of Emotional Intelligence Component on Mental Health and Coping Styles of Nurses Working in Critical Care Units

#### Protocol summary

##### Summary

The aim of this experimental study of the clinical trial is the effect of teaching the components of emotional intelligence on the general health and coping styles of the nurses working in intensive care units of the hospitals affiliated to Shiraz University of Medical Sciences, Iran, 2012. The present study was conducted on 56 out of the 200 nurses working in the intensive care units who were selected through purposeful convenience sampling and randomly that have the inclusion criteria, divided into two groups. The members of the intervention group were trained about the components of emotional intelligence by researcher and experts person. The study data were gathered using demographic information, Bar-on emotional intelligence, Goldbergs general health and Folkman and Lazarus coping style questionnaires before, immediately after, and One month after the intervention. Also the control nurses completed the same questionnaires before, immediately after and one month after. Then, the data were analyzed spss 15 and through independent t-test, paired t- test , and repeated measurement test.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT201208022812N9**

Registration date: **2012-11-07, 1391/08/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2012-11-07, 1391/08/17

##### Registrant information

**Name**

Farkhondeh Sharif

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 1212 2401

##### Email address

fsharif@sums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Research is funded by Shiraz University of Medical Sciences

##### Expected recruitment start date

2012-05-24, 1391/03/04

##### Expected recruitment end date

2012-09-28, 1391/07/07

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The Effect of Teaching of Emotional Intelligence Component on Mental Health and Coping Styles of Nurses Working in Critical Care Units

##### Public title

The Effect of Teaching of Emotional Intelligence Component on Mental Health and Coping Styles of Nurses Working in Critical Care Units.

##### Purpose

Prevention

##### Inclusion/Exclusion criteria

Inclusion criteria: Nurses working in critical care unit; Willingness to participate in the study; No history of mental illness or taking recreational drugs; Absence of a

severe crisis in the last 6 months; No experience in yoga classes, stress management and emotional intelligence exclusion criteria: Failure to attend class; Unwillingness to continue participation in the study; Before this study received the same educational intervention

#### **Age**

From **21 years** old to **52 years** old

#### **Gender**

Both

#### **Phase**

N/A

#### **Groups that have been masked**

*No information*

#### **Sample size**

Target sample size: **52**

#### **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**

Shiraz University of Medical Sciences

###### **Street address**

Shiraz - Zand Street - headquarters of Medical Sciences - PO Box71345-1978

###### **City**

shiraz

###### **Postal code**

###### **Approval date**

2012-06-14, 1391/03/25

###### **Ethics committee reference number**

CT-91-6083

### **Health conditions studied**

#### 1

##### **Description of health condition studied**

MENTAL HEALTH

##### **ICD-10 code**

z00.4

##### **ICD-10 code description**

General psychiatric examination, not elsewhere classified

### **Primary outcomes**

#### 1

##### **Description**

Coping styles

##### **Timepoint**

Before the intervention, Immediately after the intervention and one month later

##### **Method of measurement**

Volkman & Lazarus Questionnaire

#### 2

##### **Description**

Mental Health

##### **Timepoint**

Before the intervention, Immediately after the intervention and one month later

##### **Method of measurement**

Goldberg mental health questionnaire

### **Secondary outcomes**

#### 1

##### **Description**

Emotional Intelligence

##### **Timepoint**

Before the intervention, after intervention and one month later

##### **Method of measurement**

Bar- on Emotional Intelligence questionnaire

### **Intervention groups**

#### 1

##### **Description**

The members of the intervention group had workshop for 2 days 8 hours. Also they completed Bar- on emotional intelligence , Volkman & Lazarous Coping style and Goldberg mental health questionnaires before, immediately after, and one month after the intervention.

##### **Category**

Other

#### 2

##### **Description**

The members of the control group completed Bar- on emotional intelligence, Goldbergs general health and Volkman and Lazarous questionnaires before, immediately after, and one month later, withouth any intervention.

##### **Category**

Other

### **Recruitment centers**

## 1

### Recruitment center

#### Name of recruitment center

Namazi Hospital affiliated to Shiraz University of Medical Sciences

#### Full name of responsible person

Farkhondeh Sharif

#### Street address

Namazi Square, Zand street

#### City

Shiraz

## 2

### Recruitment center

#### Name of recruitment center

Martyr Faghihi hospital affiliated to Shiraz University of Medical Sciences

#### Full name of responsible person

Farkhondeh Sharif

#### Street address

Beside Red cross building, Zand street

#### City

Shiraz

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

Shiraz Uiniversity of Medical Sciences

#### Full name of responsible person

Dr Gholamreza Hatam

#### Street address

Beside Red Cross building, Zand street

#### City

Shiraz

### Grant name

### Grant code / Reference number

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

Yes

### Title of funding source

Shiraz Uiniversity 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

Shiraz University of Medical Sciences

### Full name of responsible person

Farkhondeh Sharif

### Position

Professor

### Other areas of specialty/work

### Street address

Beside Red cross building, Zand street

### City

Shraz

### Postal code

7184983916

### Phone

+7 118239725

### Fax

### Email

fsharif@sums.ac.ir

### Web page address

## Person responsible for scientific inquiries

### Contact

#### Name of organization / entity

Shiraz University of Medical Sciences

#### Full name of responsible person

Farkhondeh Sharif

#### Position

Professor

#### Other areas of specialty/work

#### Street address

Beside Red Cross building, Zand street

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Shiraz

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#### Web page address

## Person responsible for updating data

### Contact

## 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*