

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, Baron 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, without 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

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Person responsible for scientific inquiries

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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