

Clinical Trial Protocol

Iranian Registry of Clinical Trials

04 Aug 2026

The effectiveness of resiliency skills education on psychosocial working conditions in nursing personnel of Shafa Psychiatric Hospital, Rasht, Iran

Protocol summary

Summary

Health workers are under the influence of many stressful occupational factors. This tension in the nursing profession is more than other health care occupations. One of the most important human abilities that makes effective adaptation to risk factors, including psychosocial stressors, is the resiliency. In order to determine the effect of resiliency skills education on job satisfaction components of psychosocial working conditions in nursing personnel of Shafa hospital in Rash, a clinical trial study with a pre-test, a post-test and one control group will be conducted. Eighty nursing personnel from Shafa Hospital in Rash will be recruited and assigned for experimental and control groups randomly. The experimental group will be conducted with a "resiliency skills training course" in 10 sessions of 45 minutes each, but the control group spend its routine program. Data will be collected using Copenhagen Psychosocial Questionnaire (COPSOQ). The data will be analyzed using Wilcoxon test in SPSS v.22

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2017091636207N1**

Registration date: **2017-10-17, 1396/07/25**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2017-10-17, 1396/07/25

Registrant information

Name

Fatemeh Hosseinejad

Name of organization / entity

University of Social Welfare and Rehabilitation

Country

Iran (Islamic Republic of)

Phone

+98 911 149 7689

Email address

a_tarang@hotmail.com

Recruitment status

Recruitment complete

Funding source

University of Social Welfare and Rehabilitation

Expected recruitment start date

2017-10-23, 1396/08/01

Expected recruitment end date

2017-11-22, 1396/09/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effectiveness of resiliency skills education on psychosocial working conditions in nursing personnel of Shafa Psychiatric Hospital, Rasht, Iran

Public title

The effectiveness of resiliency skills education on psychosocial working conditions

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: Male and female nurses working in Shafa Hospital in Rasht with work experience between 1 and 30 years; Male and female nurses working in Shafa Hospital in Rasht with a minimum undergraduate degree
Exclusion criteria: :To obtain a high score in the resiliency assessment of individuals using the Reserve Scale of Conner and Davidson, which indicates the

resiliency of the individual; Nurses who do not have the opportunity to collaborate in the research during the research; Persons who do not attend at least 2 sessions of resilience training

Age

From **22 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **80**

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

University of Social Welfare and Rehabilitation

Street address

Theran

City

Theran

Postal code

1985713834

Approval date

2016-05-30, 1395/03/10

Ethics committee reference number

IR.USWR.REC.1395.38

Health conditions studied

1

Description of health condition studied

Mental and behavioural disorders

ICD-10 code

F32, F33

ICD-10 code description

Mood [affective] disorders

Primary outcomes

1

Description

on psychosocial working conditions in nursing personnel

Timepoint

Before the intervention, three months after the intervention

Method of measurement

Copenhagen Psychosocial Questionnaire (COPSOQ)

Secondary outcomes

empty

Intervention groups

1

Description

The experimental group by the researcher will be conducted with a "resiliency skills training course" in 10 sessions of 45 minutes (weekly 2 sessions) each

Category

Other

2

Description

The control group spend its routine program.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Shafa Hospital, Guilan University of Medical Sciences

Full name of responsible person

Fatemeh Hosseinnjad

Street address

Rasht

City

Rasht

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

University of Social Welfare and Rehabilitation

Full name of responsible person

Dr. Narges Arsalani

Street address

Tehran

City

Tehran

Grant name

Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
 Yes
Title of funding source
 University of Social Welfare and Rehabilitation
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
 University of Social Welfare and Rehabilitation
Full name of responsible person
 Fatemeh Hosseinnejad
Position
 Student
Other areas of specialty/work
Street address
 Rasht
City
 Rasht
Postal code
Phone
 +98 13 3366 2325
Fax
Email
 fereshteh.hosseinnejad@gmail.com
Web page address

Person responsible for scientific inquiries

Contact
Name of organization / entity
 University of Social Welfare and Rehabilitation
Full name of responsible person
 Dr. Nages Arsalani
Position
 Ph.D
Other areas of specialty/work

Street address
 Tehran
City
 Tehran
Postal code
 1985713834
Phone
 +98 219222180083
Fax
 +98 22180109
Email
 nargesarsalani@gmail.com
Web page address

Person responsible for updating data

Contact
Name of organization / entity
 University of Social Welfare and Rehabilitation
Full name of responsible person
Position
 Masters
Other areas of specialty/work
Street address
 Rasht
City
 Rasht
Postal code
Phone
 +98 13 3366 2325
Fax
Email
 fereshteh.hosseinnejad@gmail.com
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