Clinical Trial Protocol
Iranian Registry of Clinical Trials

09 Nov 2026

Investigating the impact of implementation of retired nurse's empowerment program on their depression ،anxiety and stress on retirement

Protocol summary

Study aim

Determining the effect of retired nurses’s empowerment program implementation on their depression، anxiety and stress on retirement

Design

study is clinical randomized trial not blinded.sample size are 60 retired nurses of Tehran nursing organization and first assessment will be done from available samples by research tools before random allocation. after the end of first assessment ، participants in the research will be allocated in experimental and control groups according to a stratified simple random method.

Settings and conduct

Interventions will be implemented as an empowerment program such as: problem solving management and life readjustment ، training classes، and free discussion and expressions of experience workshop، and 1 day trip which will be done in nursing faculty of Tehran university.

Participants/Inclusion and exclusion criteria

membership of retirement center of Tehran nursing organization and would be clinical nurses and do not have second job. ؛ Ḍisinclination to continue to participate in research

Intervention groups

Intervention will be done according to 4 steps of empowerment model(perception of treat، problem solving، training participation and evaluation) interventions will be implemented as an empowerment program such as: problem solving management and life readjustment (healthy life style and stress management) training classes each one in 1 session ، free discussion and expressions of experience workshop in 1 session and 1 day re creative trip.empowerment programs will be done in 6 weeks،1 session in each week and 45 minutes for every session on Tuesdays for experimental group .immediately and after 8 weeks after intervention, research questionnaire will be completed by two groups again. No interventions will be done for control group during this time.

Main outcome variables

" depression، anxiety and stress"

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20171219037962N1**
Registration date: **2018-09-17, 1397/06/26**
Registration timing: **retrospective**

Last update: **2018-09-17, 1397/06/26**
Update count: **0**

Registration date

2018-09-17, 1397/06/26

Registrant information

Name

GHazaleh Esfandiari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 4424 0944

Email address

gh-esfandiari@razi.tums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-05-06, 1397/02/16

Expected recruitment end date

2018-05-10, 1397/02/20

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Investigating the impact of implementation of retired nurse's empowerment program on their depression ،anxiety and stress on retirement

Public title
the effect of empowerment program on depression، anxiety and stress of retired nurses
Purpose
Prevention
Inclusion/Exclusion criteria
Inclusion criteria:
membership of retirement center of Tehran Nursing Organization Not having early and out of routine retirement Not having a second job Not having any psychological disorder by self report retired nurses would be clinical nurses Ability to participate in training classes and recreational activities Not having restrictive immobility، cardiovascular disorder(MI، heart failure، uncontrolled hypertension)، restrictive muscuskeletal disorder and neurovascular disorder(stroke) Not having precedence of participating in any of the activities the same as present research interventions
Exclusion criteria:
Use of psychiatric drugs
Age
From **50 years** old
Gender
Both

Phase
N/A
Groups that have been masked
No information
Sample size
Target sample size: **60**
Randomization (investigator's opinion)
Randomized
Randomization description
The first assessment will be done by research tools before randomize allocation, after the end of the first assessment، participants in the research according to DASS-21 questionnaire score, division in 3 groups such as light، medium، severe and more severe by statistic counselor. stand 60% in light group، 30% in medium group and 10% in severe and more severe groups.then give a code to every one by SPSS-18 and every group being included in two experimental and control group by stratified simple random method separately.
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
Ethics committee of tehran university of medical science
Street address
No35,first floor,Satarkhan street, South Khosro ave,East 25th Alley,Tehran,Iran
City
Tehran
Province
Tehran
Postal code
1453734561
Approval date
2018-02-01, 1396/11/12
Ethics committee reference number
IR.TUMS.FNM.REC.1396.4397

Health conditions studied

1

Description of health condition studied
depression، anxiety and stress of retired nurses
ICD-10 code
F33.8
ICD-10 code description
Other recurrent depressive disorders

2

Description of health condition studied
Depression، anxiety and stress of retired nurses
ICD-10 code
F41.9
ICD-10 code description
Anxiety disorder, unspecified

3

Description of health condition studied
depression، anxiety and stress of retired nurses
ICD-10 code
F43
ICD-10 code description
Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description

depression، stress and anxiety level in DASS-21 tool

Timepoint

first of research and after interventions and 2 month later after research

Method of measurement

DASS(depression، anexiety and stress)

Secondary outcomes

empty

Intervention groups

1

Description

interventions will be done according to 4 steps of empowerment model such as 1 session problem solving management training class، 2 session life readjustment training classes(healthy life style and stress management) and 1 session free discussion workshop and 1 day trip in 6 weeks on Tuesdays in nursing faculty of Tehran university.in this duration do not do any intervention for control group.

Category

Prevention

2

Description

Control group: In this research will not be done any intervention for the control group and the content of the interventions are given in the form of a pamphlet to the control group the end of the research.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

retirement fireplace nursing organization

Full name of responsible person

Ghazaleh esfandiari

Street address

No35,first floor,Satarkhan street, South Khosro ave,East 25th Alley,Tehran,Iran

City

Tehran

Province

Tehran

Postal code

1453734561

Phone

+98 21 4424 0944

Email

gh-esfandiari@razi.tums.ac.ir

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Ghazaleh Esfandiari

Street address

No 35,first floor,Satarkhan street,south khosro Ave,east 25th Alley,Tehran,Iran

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Province

Tehran

Postal code

1453734561

Phone

+98 21 4424 0944

Email

Esfandiari.ghazal@yahoo.com

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Tehran University of Medical Sciences

Full name of responsible person

Ghazaleh esfandiari

Position

master student

Latest degree

Bachelor

Other areas of specialty/work

Nursery

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Person responsible for scientific inquiries

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
Ghazaleh esfandiari

Position
master student

Latest degree
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Other areas of specialty/work
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Person responsible for updating data

Contact

Name of organization / entity
Tehran University of Medical Sciences

Full name of responsible person
GHazaleh Esfandiari

Position
Nurse

Latest degree
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Other areas of specialty/work
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Phone
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Fax

Email
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available

Study Protocol
Yes - There is a plan to make this available

Statistical Analysis Plan
Yes - There is a plan to make this available

Informed Consent Form
Yes - There is a plan to make this available

Clinical Study Report
Yes - There is a plan to make this available

Analytic Code
Yes - There is a plan to make this available

Data Dictionary
Yes - There is a plan to make this available

Title and more details about the data/document
result of intervention،some information such as per centage of depression anexiety and stress، empowerment program

When the data will become available and for how long
1 month after publish of result

To whom data/document is available
all of the researchers

Under which criteria data/document could be used
research an knowlege about nursing and phsycology، study about retirement، use DASS in research، study about geriatrics

From where data/document is obtainable
email:gh-esfandiari@razi.tums.ac.ir

What processes are involved for a request to access data/document
read study totally and then connection with researcher by email adress

Comments