Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effect of Mindfulness- Based Stress Reduction Practice on Nurses' Self-Compassion and Job Stress of Nurses

Protocol summary

Study aim

Determining the Effects of Mindfulness-Based Stress Reducing Exercise on Self-Compassion and Job Stress of Nurses

Design

Sampling from available samples ، 60 nurses with conditions were randomly divided into two intervention and control groups based on blocking. To prevent infection, the study was studied by the subjects who participated in a research study and the probability In the intervention or control group and the individuals in the intervention group are committed to not control the information about the intervention to other members, and researchers are committed to complete the interventions for the group after

Settings and conduct

Intensive care unit of neonates and at work in the morning and evening, the nurses were identified. Then, after the research objectives were stated, informed written consent from them, a questionnaire was given to them. And to complete it, without intervention on the control group, then intervention on the experience group will begin. training will be conducted for eight sessions in a group, each week with a session of 2 to 2.5 hours., the training is conducted by one People psychology consultant doctor Prophet Heshmati and assessment is a Researcher

Participants/Inclusion and exclusion criteria

Work experience of at least six months in neonatal intensive care unit A shift in the week Postgraduate degree to Master's degree Interest and willingness to participate in the study Not having severe stress last month, such as the death of loved ones, divorce or extreme events

Intervention groups

The intervention group and the control group are formed from of the two groups of information beforehand and the intervention group is subjected to intervention for 8 weeks and the control group does not take any intervention. Two months later, the questionnaire is again asked.

Main outcome variables

Nurses Stress; Nurses Self-Compassionate

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20180429039464N3**
Registration date: **2019-01-13, 1397/10/23**
Registration timing: **registered_while_recruiting**

Last update: **2019-01-13, 1397/10/23**
Update count: **0**

Registration date

2019-01-13, 1397/10/23

Registrant information

Name

Marzieh Hasanpour

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 6105 4413

Email address

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-01, 1397/09/10

Expected recruitment end date

2019-02-06, 1397/11/17

Actual recruitment start date

empty

Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of Mindfulness- Based Stress Reduction Practice on Nurses' Self-Compassion and Job Stress of Nurses

Public title
The effect of Exercises Reducing Self-Compassion Stress and Nursing Job Stress
Purpose
Supportive
Inclusion/Exclusion criteria
Inclusion criteria:
Having a work experience of at least six months in the neonatal intensive care unit A shift a week in the infant's intensive care unit Having a postgraduate degree from a postgraduate degree Interest and willingness to participate in the study No severe stress in the past month, such as the death of loved ones, divorce or severe disaster
Exclusion criteria:
Absence of more than two sessions in the treatment plan Unwillingness to continue attending medical and study sessions
Age
No age limit
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
Block
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
Joint Organizational Ethics Committee of School of Nursing and Midwifery and School of Rehabilitatio
Street address
Mirkhani[Nosrat] St.Tohid Squ
City
Tehran
Province
Tehran
Postal code
1419733171
Approval date
2018-07-02, 1397/04/11
Ethics committee reference number
IR.TUMS.FNM.REC.1397.045

Health conditions studied

1

Description of health condition studied
Stress
ICD-10 code
ICD-10 code description

Primary outcomes

1

Description
Nursing stress
Timepoint
Before and after the intervention
Method of measurement
Using Nursing Stress Scale

2

Description
Selfcompassionate
Timepoint
Before and after the intervention
Method of measurement
Using selfcompassionate scale

Secondary outcomes

empty

Intervention groups

1

Description
Control group: No intervention was performed on the control group.
Category
N/A

2

Description
Intervention group: The intervention group will hold eight-week training sessions one day a week for 2 to 2.5

hours, and will be taught by one person for each course and each session will have a special item by the researcher who has completed the MBSR course. will be given. Educational pamphlets or CDs will also be available for participants to conduct homework.

Category
N/A

Recruitment centers

1

Recruitment center

Name of recruitment center
Motahari Educational Center, Urmia
Full name of responsible person
Dr.Kamran Dehgan
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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Tehran University of Medical Sciences
Full name of responsible person
Vida Kardan Moghaddam
Street address
School of Nursing and Midwifery, Tehran University of Medical Sciences, Mirkhani St, Tohid Squ.
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fnm-researchdeputy@sina.tums.ac.ir

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
40
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
Dr.Marzieh Hasanpour
Position
Associate Professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
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Person responsible for updating data

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Latest degree

Ph.D.

Other areas of specialty/work

Nursery

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City

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Province

Tehran

Postal code

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Phone

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available