

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 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

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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

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Mirkhani[Nosrat] St.Tohid Squ

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Province

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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

Street address

Kashani

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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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Daneshyar

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Person responsible for updating data

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Other areas of specialty/work

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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