

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jul 2026

Impact of emotional intelligence based education program on perceived stress and work-related stressors among primary health workers in Andimeshk city

Protocol summary

Study aim

Determining the Effect of Emotional Intelligence Based Education on Perceived Stress and Job Stressors of Health Workers in Andimeshk Urban Centers

Design

A clinical trial with a case and control group of 80 people. In order to conduct educational intervention, 40 employees of eight health centers, non-attachment (intervention) in the intervention group and 40 employees of the eight health centers are attached and left unconnected (control) in the control group. Personnel selection will be available in each location in a way

Settings and conduct

The place is in the Andimeshk urban health centers. The training intervention is a two-time 6-hour workshop in 2 weeks. Measurement tools are completed before the intervention and one month after the intervention.

Participants/Inclusion and exclusion criteria

Entry requirements: Includes health personnel (apprentices and health and paramedical experts) who have the consent to enter the study and have at least one year of service in comprehensive urban health centers. Conditions of non-arrival: People who have or who currently have psychiatric illnesses and treatments, and part-time staff

Intervention groups

Control group: No training or intervention program. Will complete the questionnaire twice. It will be four weeks after the training once before the intervention begins and next time. Intervention group: Emotional intelligence training. A 2-week training session will be held a weekly workshop on emotional intelligence for 6 hours (a total of 12 hours). They will complete the questionnaire two times. It will be four weeks after the training once before the intervention begins and next time.

Main outcome variables

Perceived Stress Job stress Emotional Intelligence

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160418027449N4**

Registration date: **2019-02-25, 1397/12/06**

Registration timing: **retrospective**

Last update: **2019-02-25, 1397/12/06**

Update count: **0**

Registration date

2019-02-25, 1397/12/06

Registrant information

Name

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 372510015

Email address

trakhshani@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2019-01-25, 1397/11/05

Expected recruitment end date

2019-02-22, 1397/12/03

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Impact of emotional intelligence based education program on perceived stress and work-related stressors among primary health workers in Andimeshk city

Public title

The Effect of Emotional Intelligence on Perceived Stress and Job Stressors

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having at least one year of service in health centers
Satisfaction to participate in the study
Health workers (expert and health experts and paramedical staff)

Exclusion criteria:

Dissatisfaction to participate in the study
Having severe and chronic debilitating disease
Part time staff
Persons with chronic psychiatric illness who take nerve drugs.
Health workers with a service record of less than one year
Pregnant women who will give birth during the study

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 80

Randomization (investigator's opinion)

Not 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

Ethics Committee of Shiraz University of Medical Sciences

Street address

Central building of Shiraz University of Medical Sciences, Zand Avenue

City

Shiraz

Province

Fars

Postal code

71348-14336

Approval date

2018-11-26, 1397/09/05

Ethics committee reference number

IR.SUMS.REC.1397.935

Health conditions studied

1

Description of health condition studied

Perceived stress and stressful occupational factors

ICD-10 code

Z56.3

ICD-10 code description

Stressful work schedule

Primary outcomes

1

Description

Perceived stress score based on Cohen-10 questionnaire

Timepoint

The beginning of the study and one month later

Method of measurement

10 Perceived Stress Questionnaire of Cohen

2

Description

Score of occupational stressors based on UK Health and Safety Organization questionnaire

Timepoint

The beginning of the study and one month later

Method of measurement

Job Stress Questionnaire of the UK Health and Safety Organization

3

Description

The score of emotional intelligence based on the Bradbury-Graves questionnaire

Timepoint

The beginning of the study and one month later

Method of measurement

Bradbury-Graves Emotional Intelligence Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: The training of four components of emotional intelligence (including self-awareness, self-

management, social awareness, and relationship management) during 2 workshops, which first held a workshop of 6 hours and a week after another 6 hours workshop. Total The intervention group receives 12 hours of instruction.

Category

Other

2**Description**

Control group: No training programs. Only the questionnaire completes the intervention before and after the end of a month.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Andimeshk Healthcare Network

Full name of responsible person

Maryam Heydari Fard

Street address

Andimeshk Health Center, Revolutionary Street

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Andimeshk

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Email

heidaryfard_m@ajums.ac.ir

Web page address

http://www.ajums.ac.ir

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Tayyib Rakhshani

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Grant name

-

Grant code / Reference number

-

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

Yes

Title of funding source

Shiraz University of Medical Sciences

Proportion provided by this source

1

Public or private sector

Private

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

Persons

Person responsible for general inquiries**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Maryam Heydari Fard

Position

Senior student of community health education

Latest degree

Bachelor

Other areas of specialty/work

Health Promotion

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Person responsible for scientific inquiries**Contact**

Name of organization / entity

Shiraz University of Medical Sciences

Full name of responsible person

Tayyib Rakhshani

Position

Assistant Professor

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data**Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Maryam Heydari Fard

Position

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Latest degree

Bachelor

Other areas of specialty/work

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Sharing plan**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

Intervention has not started yet

Study Protocol

No - There is not a plan to make this available

Statistical Analysis Plan

No - There is not a plan to make this available

Informed Consent Form

No - There is not a plan to make this available

Clinical Study Report

No - There is not a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available