

# 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

**City**

Andimeshk

**Province**

Khouzestan

**Postal code**

64819-65487

**Phone**

+98 61 4426 3401

**Fax**

+98 61 4263 0408

**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

**Street address**

Central building of Shiraz University of Medical Sciences, Zand Avenue

**City**

Shiraz

**Province**

Fars

**Postal code**

71348-14336

**Phone**

+98 71 3230 5410

**Fax**

+98 71 3235 9317

**Email**

Trakhshani@sums.ac.ir

**Web page address**

http://sums.ac.ir

**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

**Street address**

Andimeshk Health Center, Revolutionary Street

**City**

Andimeshk

**Province**

Khouzestan

**Postal code**

64819-65487

**Phone**

+98 61426304012

**Fax**

+98 61 4263 0408

**Email**

heidarifard\_m@ajums.ac.ir

**Web page address**

http://ajums.ac.ir

**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**

Health Promotion

**Street address**

Shiraz University of Medical Sciences, Zand Avenue

**City**

Shiraz

**Province**

Fars

**Postal code**

71348-14336

**Phone**

+98 71 3235 9317

**Fax**

+98 71 3235 9317

**Email**

Trakhshani@sums.ac.ir

**Web page address**

<http://www.sums.ac.ir>

**Person responsible for updating data****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

**Street address**

Andimeshk Health Center, Revolutionary Street

**City**

Andimeshk

**Province**

Khouzestan

**Postal code**

64819-65487

**Phone**

+98 61 4263 0401

**Fax**

+98 61 4263 0408

**Email**

heidarifard\_m@ajums.ac.ir

**Web page address**

<http://www.ajums.ac.ir>

**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