

Clinical Trial Protocol

Iranian Registry of Clinical Trials

21 Jul 2026

Designing a stress reduction mobile application and evaluating its impact on the stress level of nursing students: a clinical trial.

Protocol summary

Study aim

The purpose of this study is to design a mobile software to reduce stress and evaluate its impact on the stress of nursing students.

Design

A randomized clinical trial with a control group, the sample size in each intervention and control groups is 68 nursing students.

Settings and conduct

The place of the study will be Kerman University of Medical Sciences. In this study blinding won't be performed.

Participants/Inclusion and exclusion criteria

Inclusion criteria: Having the Perceived Stress Scale test score greater than 14, Having a smartphone, passing two academic terms. exclusion criteria: using other interventions to reduce stress

Intervention groups

In the intervention group, nursing students use computerized mindfulness stress reduction during an eight-week period. In the control group there is no intervention.

Main outcome variables

Perceived Stress Scale test

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20190529043756N1**

Registration date: **2020-03-23, 1399/01/04**

Registration timing: **registered_while_recruiting**

Last update: **2020-03-23, 1399/01/04**

Update count: **0**

Registration date

2020-03-23, 1399/01/04

Registrant information

Name

Fatemeh Jamali

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 71 5253 2331

Email address

f.jamali@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-02-18, 1398/11/29

Expected recruitment end date

2020-05-18, 1399/02/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Designing a stress reduction mobile application and evaluating its impact on the stress level of nursing students: a clinical trial.

Public title

The effect of Mindfulness base stress reduction software on the stress level of nursing students

Purpose

Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:

Having the Perceived Stress Scale test score greater than 14 Having smart phones spending two academic terms

Exclusion criteria:

Using other interventions to reduce stress

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **136**

Randomization (investigator's opinion)
Randomized

Randomization description
A specific number of nursing students who have finished two academic semesters and have the perceived stress test scores above 14 ,are divided into two: intervention and control groups by SPSS.

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 Kerman University of Medical Sciences

Street address

At the beginning of Ebn Sina avenue; At the beginning of Jahad boulevard; Somayyeh intersection (Tahmasbabad)

City

Kerman

Province

Kerman

Postal code

03432263719

Approval date

2020-02-02, 1398/11/13

Ethics committee reference number

IR.KMU.REC.1398.555

Health conditions studied

1

Description of health condition studied

stress

ICD-10 code

F43

ICD-10 code description

Reaction to severe stress, and adjustment disorders

Primary outcomes

1

Description

Perceived stress scale test score

Timepoint

Before the intervention, after the intervention (eight weeks later), one month after the intervention ended

Method of measurement

Using the Perceived stress scale questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Nursing students who use the Mindfulness-Based Stress Reduction Mobile application, which includes mindfulness techniques. They use it at least 20 minutes daily for eight weeks.

Category

Behavior

2

Description

Control group: There is no intervention in this group.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kerman University of Medical Sciences

Full name of responsible person

Fatemeh Jamali

Street address

Medical University Campus; Haft-Baghe Alavi Highway

City

Kerman

Province

Kerman

Postal code

7415184771

Phone

+98 71 5253 2331

Email

jamali.hit92@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kerman University of Medical Sciences

Full name of responsible person

davood kalantar

Street address

At the beginning of Ebn Sina avenue; At the beginning of Jahad boulevard; Somayyeh intersection (Tahmasbabad)

City

Kerman

Province

Kerman

Postal code

0098342263857

Phone

+98 34 3226 3790

Fax

+98 34 3226 3857

Email

vcr@kmu.ac.ir

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Kerman 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**

Kerman University of Medical Sciences

Full name of responsible person

Fatemeh Jamali

Position

Master student

Latest degree

Bachelor

Other areas of specialty/work

Health Information Technology

Street address

Ferdowsi street

City

Kerman

Province

Kerman

Postal code

7415184771

Phone

+98 71 5253 2331

Email

jamali.hit92@gmail.com

Person responsible for scientific inquiries

Contact**Name of organization / entity**

Kerman University of Medical Sciences

Full name of responsible person

Fatemeh Jamali

Position

Master of Student

Latest degree

Bachelor

Other areas of specialty/work

Health Information Technology

Street address

Ferdowsi street

City

Kerman

Province

Kerman

Postal code

7415184771

Phone

+98 71 5253 2331

Email

jamali.hit92@gmail.com

Person responsible for updating data

Contact**Name of organization / entity**

Kerman University of Medical Sciences

Full name of responsible person

Fatemeh Jamali

Position

Master of Student

Latest degree

Bachelor

Other areas of specialty/work

Health Information Technology

Street address

Ferdowsi street

City

Kerman

Province

Kerman

Postal code

7415184771

Phone

+98 71 5253 2331

Email

jamali.hit92@gmail.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is 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

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

Demographic variables of students and their perceived stress scale test score are shared without their identification information

When the data will become available and for how long

6 months after printing results

To whom data/document is available

Researchers working in academic and scientific institutions

Under which criteria data/document could be used

In order to compare the data from this method with other methods, the data can be shared with other researchers.

From where data/document is obtainable

Dr. Leila Ahmadian, ahmadianle@yahoo.com, Kerman University of Medical Sciences

What processes are involved for a request to access data/document

To receive the data, please contact Dr. Ahmadian via email. After reviewing the request during 4-7 business days , the request will be answered

Comments