

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

17 Jun 2026

### Studying The effect of communication skills training on nurses' moral distress

#### Protocol summary

##### Study aim

The main purpose of this study is to determine the effect of communication skills training on nurses' moral distress in Motahari teaching hospital of Jahrom University of Medical Sciences in 2019

##### Design

Two arm parallel group randomised trial and outcome assessment

##### Settings and conduct

This is an experimental study in Motahari teaching hospital of Jahrom University of Medical Sciences, 50 nurses will be divided into control and intervention groups randomly by computer, then moral distress questionnaire will be completed by both groups. the nurses' moral distress will be measured in both intervention and control groups after one month from the end of the intervention

##### Participants/Inclusion and exclusion criteria

1. Nurses' consent to participate in the study. 2. At least one year of work experience. 3. No illness or use of psychotropic drugs. 4. Non-participation in other interventional studies with ethical or communication issues. 5. Having moderate to high moral distress in the initial assessment of hospital staff's moral distress

##### Intervention groups

The moral distress questionnaire will be completed by both control and intervention groups before starting the study. The intervention group will be trained in 4 two-hour sessions during one month. Then, the nurses' moral distress will be measured in both intervention and control groups after one month from the end of the intervention. Following the completion of the research, communication skills training sessions will also be conducted for the control group regarding to medical ethics.

##### Main outcome variables

1. Achieving different individual outcomes such as: improving physical and mental health, increasing job productivity etc 2. Reduce Nursing Ethical Consequences

for Nurses in a variety of areas including: managerial, personal and clinical 3. Pay more attention to communication skills training in medical universities

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20191125045491N1**

Registration date: **2020-01-06, 1398/10/16**

Registration timing: **prospective**

Last update: **2020-01-06, 1398/10/16**

Update count: **0**

##### Registration date

2020-01-06, 1398/10/16

##### Registrant information

##### Name

Mohammad Sobhanian

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 71 5444 0769

##### Email address

m.sobhanian@jums.ac.ir

##### Recruitment status

**Not yet recruiting**

##### Funding source

##### Expected recruitment start date

2641-03-20, 2019/12/29

##### Expected recruitment end date

2641-04-20, 2020/01/31

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Studying The effect of communication skills training on nurses' moral distress

**Public title**  
Studying The effect of communication skills training on moral distress

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Nurses' consent to participate in the study At least one year of working experience No illness or use of psychotropic drugs Failure to participate in other interventional studies with ethical or communication issues at the same time Having moderate to high moral distress in the initial assessment of hospital staff's moral distress  
**Exclusion criteria:**  
Mental illness that can disrupt educational and communication processes during the study Absence of more than two sessions in communication skills training workshops Attend communication skills training workshops in the past 6 months Nurses working in CCU wards, neonatal intensive care unit, dialysis, supervising office and eye surgery at the time of the study

**Age**  
No age limit

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **50**

**Randomization (investigator's opinion)**  
Randomized

**Randomization description**  
50 nurses will be selected randomly by computer software, and randomly assigned code 1 in the control group and code 2 in the intervention group by computer .

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Other

**Other design features**

**Secondary Ids**  
empty

**Ethics committees**

1

**Ethics committee**  
**Name of ethics committee**  
Ethics committee of Jahrom University of Medical Sciences  
**Street address**  
jahrom, motahari ave, Jahrom University of Medical Sciences  
**City**  
jahrom  
**Province**  
Fars  
**Postal code**  
74148416199  
**Approval date**  
2019-12-31, 1398/10/10  
**Ethics committee reference number**  
IR.JUMS.REC.1398.057

## Health conditions studied

1

**Description of health condition studied**  
medical ethics  
**ICD-10 code**  
moral dist  
**ICD-10 code description**  
training , Communication skills, moral distress, nursing

## Primary outcomes

1

**Description**  
Average of moral distress score  
**Timepoint**  
before intervention and 1 month after intervention  
**Method of measurement**  
Hamric's moral Distress Questionnaire

## Secondary outcomes

1

**Description**  
not contained  
**Timepoint**  
not contained  
**Method of measurement**  
not contained

## Intervention groups

1

**Description**  
Intervention group: first, the moral distress questionnaire will be completed individually before the intervention, and then for this group, communication skills training will be conducted in 4 two-hour sessions in one month based

on the educational content chapter extracted from other articles and The scientific literatures as follows: during the first session we will focus on basic concepts of communication, factors affecting communication, and effective communication skills of nurses with other members of the medical team (including physician, nurse, service personnel, etc.), Patients and their families. in the second session: transferring medical information and necessary required actions to the physician and other medical team members, effective feedback, communicating with patients with special needs and transferring medical information, disease prognosis and different treatment methods to the patients and their families will be discussed, in the third session we will focus on communication barriers, anger control skills, Rejection skills and how to deal with the aggressive patient and family. and finally in the last session we will focus on ethics in communicating and the exchange of different point of views and expert scientific opinions. then Nurses' moral distress will be measured one month after the intervention.

**Category**

Other

**2**

**Description**

Control group: first, the moral distress questionnaire will be completed individually, then again two months later the moral distress questionnaire will be completed by this group. After completing the research and following the ethics of research in case of positive effect of communication skills on nurses' moral distress in intervention group, communication skills training sessions will be conducted for control group too.

**Category**

Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Motahari hospital

**Full name of responsible person**

mohammad sobhanian

**Street address**

jahrom, motahari ave, motahari hospital

**City**

jahrom

**Province**

Fars

**Postal code**

7415713597

**Phone**

+98 71 5433 6006

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**Email**

motaharipr@gmail.com

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<http://motahari.jums.ac.ir/>

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Jahrom University of Medical Sciences

**Full name of responsible person**

mohammad sobhanian

**Street address**

jahrom, motahari ave, motahari hospital

**City**

jahrom

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**Grant name**

Jahrom University of Medical Sciences

**Grant code / Reference number**

not applicable

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

Yes

**Title of funding source**

Jahrom 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**

Jahrom University of Medical Sciences

**Full name of responsible person**

mohammad sobhanian

**Position**

master of nursing student

**Latest degree**

Bachelor

**Other areas of specialty/work**

Medical Ethics

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sobhanianmohamad@gmail.com

**Web page address**

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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

Jahrom University of Medical Sciences

**Full name of responsible person**

mohammad sobhanian

**Position**

master of nursing student

**Latest degree**

Bachelor

**Other areas of specialty/work**

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## Person responsible for updating data

**Contact**

**Name of organization / entity**

Jahrom University of Medical Sciences

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sobhanian mohammad

**Position**

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**Latest degree**

Bachelor

**Other areas of specialty/work**

Medical Ethics

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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**

for ethical reasons

**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