

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

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Jahrom University of Medical Sciences

Full name of responsible person

mohammad sobhanian

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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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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

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Latest degree

Bachelor

Other areas of specialty/work

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Person responsible for updating data

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Latest degree

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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