

Clinical Trial Protocol

Iranian Registry of Clinical Trials

23 Jul 2026

The effect of mindfulness intervention on job stress of nurses in intensive care units

Protocol summary

Summary

This study aimed to evaluate the effect of mindfulness based intervention on job stress of the nurses in Imam Hussain Hospital intensive care units. Experimental research, with pretest-posttest control group will be done. The revised questionnaire for nursing stress will be used to measure nurses stress. Inclusion criteria: critical care Nurses; lack of mental disorders. Exclusion criteria: irregular participation in educational program (more than twice). The population is all nurses in Intensive care units. Among them 60 nurses randomly allocated to intervention (30) and control (3) groups. The mindfulness training sessions for experimental group will be conducted for 8 sessions (each session is 90 minutes) once a week.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201702054299N5**

Registration date: **2017-03-17, 1395/12/27**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2017-03-17, 1395/12/27

Registrant information

Name

Jamileh Mokhtari Nouri

Name of organization / entity

Baghiatallah University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

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Email address

mokhtari@bmsu.ac.ir

Recruitment status

Recruitment complete

Funding source

Public

Expected recruitment start date

2016-08-22, 1395/06/01

Expected recruitment end date

2016-10-22, 1395/08/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of mindfulness intervention on job stress of nurses in intensive care units

Public title

The effect of mindfulness intervention on stress

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria: critical care Nurses; lack of mental disorders. Exclusion criteria: irregular participation in educational program (more than twice).

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **66**

Randomization (investigator's opinion)

Randomized

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

baghiatallah university

Street address

tehran. mollasadra street

City

tehran

Postal code**Approval date**

2015-09-23, 1394/07/01

Ethics committee reference number

IR.BMSU.REC.1394.263

Health conditions studied**1****Description of health condition studied**

Stress

ICD-10 code

Z56.3

ICD-10 code description

Stressful work schedule

Primary outcomes**1****Description**

Primary Outcome: Nurses Job Stress

Timepoint

Before Intervention and 2 months after intervention

Method of measurement

Revised Nursing Stress Scale

Secondary outcomes

empty

Intervention groups**1****Description**

Control group: pretest will be done primarily and posttest will be done after 2 months.

Category

Prevention

2**Description**

Experimental group: The mindfulness training sessions for experimental group will be conducted for 8 sessions (each session is 90 minutes) once a week, and then posttest will be done.

Category

Other

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

Imam Hussain Hospital

Full name of responsible person**Street address****City**

Kermanshah

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

Baghiatallah University of Medical Science

Full name of responsible person

D.R Seyed Mohammad Khademolhussaini

Street address

Mollasadra Street . Tehran.

City

Tehran

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

Yes

Title of funding source

Baghiatallah University of Medical Science

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

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

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Medical Science University of Baghiatallah

Full name of responsible person

D.R Seyed Mohammad Khademol Hussaini

Position

P.H.D/ Master

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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact

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Full name of responsible person

marym Mohammad Gholizadeh

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MA Student

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Web page address

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty