

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The effect of environmental health education program on efficacy and anxiety of covid-19 among nurses

Protocol summary

Study aim

Determining the effect of environmental health education program on self-efficacy and anxiety caused by Covid-19 in nurses

Design

Superiority clinical trial, randomized controlled trial in parallel, simple random assignment that will use a random number table for individuals and a lottery for sections. Blinding is not possible. Sample size is 60 people. The information obtained will be statistically analyzed using SPSS software version 24.

Settings and conduct

With no blindness. The study is conducted in three sessions (one face-to-face and two virtual sessions). Standard self-efficacy, coronary anxiety questionnaires at the beginning of the intervention, immediately at the end of the intervention and one month later by the both groups are completed.

Participants/Inclusion and exclusion criteria

Exclusion criteria: Participant clinical instability, unwillingness to cooperate, mental disorder, more than one absence from training sessions, occurrence of severe stressful events, Covid-19 Inclusion criteria: expert and master of nursing, no underlying disease, medical staff, intact mental health

Intervention groups

The intervention group receives the environmental health training program in three sessions. The control group uses the usual training of the medical center. Training contents for the intervention group will be provided to the control group after sampling.

Main outcome variables

Self-efficacy, psychological symptoms of anxiety, physical symptoms of anxiety

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20200928048865N1**

Registration date: **2021-01-01, 1399/10/12**

Registration timing: **retrospective**

Last update: **2021-01-01, 1399/10/12**

Update count: **0**

Registration date

2021-01-01, 1399/10/12

Registrant information

Name

Fatemeh Sedaghati

Name of organization / entity

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2020-11-05, 1399/08/15

Expected recruitment end date

2021-01-04, 1399/10/15

Actual recruitment start date

2020-11-30, 1399/09/10

Actual recruitment end date

2020-12-15, 1399/09/25

Trial completion date

2021-01-29, 1399/11/10

Scientific title

The effect of environmental health education program on efficacy and anxiety of covid-19 among nurses

Public title

The effect of environmental health education on self-efficacy and anxiety caused of Covid-19

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Have a bachelor's or master's degree in nursing Working in the medical department of the hospital Not participating in a study similar to the present study

Exclusion criteria:

Reluctance to participate in research Having a chronic illness Participate in similar research over the past two months Diagnosed with mental disorder

Age

From **24 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **60**

Actual sample size reached: **60**

Randomization (investigator's opinion)

Randomized

Randomization description

The sampling method (inclusion of nurses in the study) in this study will be non-randomly targeted; Thus, considering that out of 10 different wards of Shahid Kamyab hospital, Surgical Wards 1 and ICU2 are the only wards from where patients are referred to other wards; So these two sections will be selected. Surgery 1 has 45 nurses and ICU2 has 36 nurses. Assignment of nurses to intervention and control groups will be done randomly. In this way, each of the nurses in Surgery 1 will be assigned a two-digit code (1-45) and then using a table of random numbers and selection of two-digit numbers, the nurses will be allocated as every other one to intervention and control groups. Obviously, in a table of random numbers, if we come across numbers greater than 45 or 00, we will skip it. This will continue until 15 people are selected for each of the two intervention and control groups. The same will be done for ICU2. Finally, 15 people will be selected from each section for each group (and a total of 30 people in each group).

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

IR.MUMS.NURSE.REC

Street address

School of Nursing and Midwifery, Ph.D. Intersection, Ibn Sina St.University St.

City

Mashhad

Province

Razavi Khorasan

Postal code

9137913199

Approval date

2020-09-29, 1399/07/08

Ethics committee reference number

IR.MUMS.NURSE.REC.1399.054

Health conditions studied

1

Description of health condition studied

The effect of environmental health education program on efficacy and anxiety of covid-19 among nurses

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Self-efficacy

Timepoint

"At the beginning of the study (before the intervention) and immediately after the intervention, one month after the end of the study"

Method of measurement

Data collection tools including demographic information form, Scherer standard self-efficacy questionnaire are used to measure nurses' self-efficacy.

Secondary outcomes

1

Description

Coronary Anxiety Disorder (CDAS)

Timepoint

"At the beginning of the study (before the intervention) and immediately after the intervention, one month after the end of the study"

Method of measurement

standard questionnaire of anxiety caused by Quid-19 in both psychological and physical dimensions are used in nurses.

Intervention groups

1

Description

Intervention group: For the intervention group, 3 60-minute combined sessions will be held in person and virtually (webinar). A face-to-face meeting with health tips and social distance is held in the form of lectures - group discussions, questions and answers, slide shows. Content of environmental health trainings, including: Hand hygiene, standard precautions (infection control, environmental pollution control, surface disinfectants (types, application and important points in preventing coronavirus)). Data collection tools including demographic information form, Scherer standard self-efficacy questionnaire and standard coronary anxiety questionnaire (CDAS) will be completed by the intervention and control group at the beginning of the session. Then the other two sessions are held as a webinar (virtual) for the intervention group. Immediately after the end of the training program and one month later, in both intervention and control groups, standard questionnaires, self-efficacy (Scherer) and Covid-19 anxiety (CDAS) in both psychological and physical dimensions will be completed and evaluated.

Category

Behavior

2

Description

Control group: They receive the usual training of the medical center. Training contents for the intervention group will be provided to the control group after intervention.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Kamyab Hospital

Full name of responsible person

Zahra Emami Moghadam

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Mashhad Medical Science

Full name of responsible person

Zahra Emami Moghadam

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Web page address

<https://nurse.mums.ac.ir/>

Grant name

Grant code / Reference number

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

Yes

Title of funding source

The University of Mashhad Medical Science

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

Mashhad University of Medical Sciences

Full name of responsible person

Zahra Emami Moghadam

Position

Professor

Latest degree

Master

Other areas of specialty/work

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Data on coronary anxiety and self-efficacy in nurses can be shared.

When the data will become available and for how long

After publishing the article and defending the dissertation

To whom data/document is available

Project partners

Under which criteria data/document could be used

People who do similar research

From where data/document is obtainable

It will be done by email with the person in charge of the project.

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

Data is made available to individuals via email.

Comments