

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

12 Jul 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)

##### Phone

+98 51 3802 0310

##### Email address

sedaghatif1@mums.ac.ir

#### 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

#### Street address

Fadaeeyan Eslam Ave

#### City

Mashhad

#### Province

Razavi Khorasan

#### Postal code

9166637477

#### Phone

+98 51 3802 6310

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+98 51 3854 9234

#### Email

sedaghatif1@mums.ac.ir

## Sponsors / Funding sources

## 1

### Sponsor

#### Name of organization / entity

The University of Mashhad Medical Science

#### Full name of responsible person

Zahra Emami Moghadam

#### Street address

Chaharraha Doktora - Nursing University

#### City

Mashhad

#### Province

Razavi Khorasan

#### Postal code

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#### Phone

+98 51 3859 1511

#### Fax

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#### Email

nms.pg@mums.ac.ir

#### 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

Nursery

#### Street address

Chaharraha Doktora- Nursing University

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## Person responsible for scientific inquiries

### Contact

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**Position**  
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## Person responsible for updating data

### Contact

**Name of organization / entity**  
Mashhad University of Medical Sciences  
**Full name of responsible person**  
Fatemeh Sedaghati  
**Position**  
Post Graduated Student  
**Latest degree**  
Bachelor  
**Other areas of specialty/work**

Nursery  
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Daneshgah Street- Nursing University  
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sedaghatiif1@mums.ac.ir

## 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